

Grass Roots

Craft and self-sufficiency

For down to earth people

AUST \$3.50

Australian and
New Zealand Edition

Registered by
Australia Post
Publication No. VACO 405

ISSN 0310-2890

No. 63.

OCTOBER 1987

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12 Volt Power

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Possessory Titles

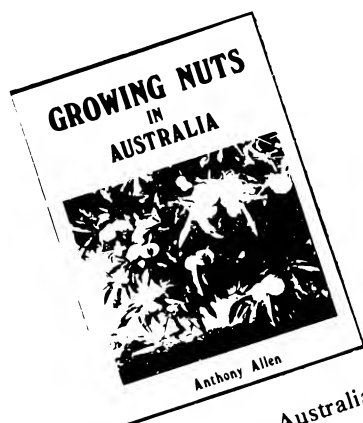
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Donkey Power

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Steiner Schools

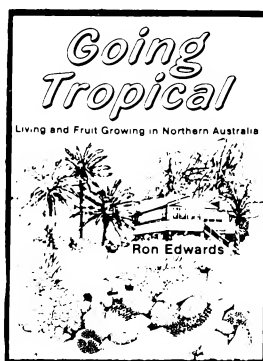
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Handmade Gifts

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Self Employment

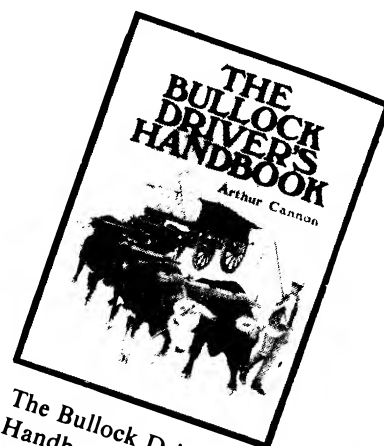




Growing Nuts in Australia
Anthony Allen
 An authoritative book on all aspects of nut growing, from establishing a nut grove and propagating your own trees to details of each nut type. A must for all those planting nut trees for food or profit.
 p/b 160 pp
 \$20.50 post paid



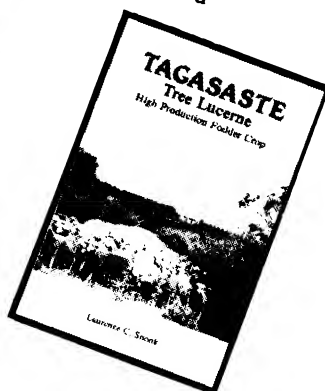
Going Tropical — Living and Fruit Growing in Northern Australia
Ron Edwards
 Chapters include living in the tropics, dealing with local government, choosing land and implements for a small holding, gardening and growing instructions for over 120 tropical fruits.
 p/b 136 pp
 \$15.50 post paid



The Bullock Driver's Handbook
Arthur Cannon
 This book contains a how-to-do-it guide, with details of making the tackle, training bullocks and making your own cart. This unique piece of Australian history makes for fascinating reading.
 p/b 136 pp
 \$15.50 post paid

GREAT GIFTS

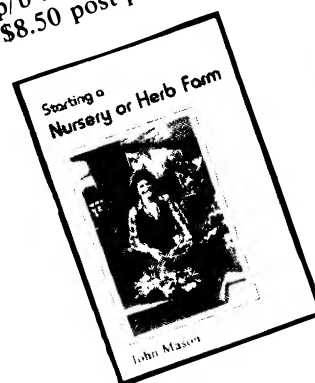
Tagasaste Tree Lucerne — High Production Fodder Crop
Dr L.C. Snook
 Tagasaste, commonly referred to as tree lucerne, produces high protein fodder, grows quickly and is relished by stock. Dr Snook explains how to grow Tagasaste for maximum yield. An ideal crop for any farmer.
 p/b 104 pp
 \$10.50 post paid



Community Markets — A Practical Guide
John van Tinteren
 A fascinating description of how to live off the earnings from a market stall. John has wide experience in starting and managing a market, and offers practical advice to those wanting to make a living like this.
 p/b 128 pp
 \$13.50 post paid



Starting a Nursery or Herb Farm
John Mason
 If you have ever thought of earning some extra money from your gardening interest then you will love this book. It describes how to start a plant business, discusses management, propagation, herb production and herbal products.
 p/b 135 pp
 \$8.50 post paid



NIGHT OWL PUBLISHERS: PO Box 764 SHEPPARTON 3630



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Front Cover: Involved and contented children at play with their pet rabbit. Many parents question the effects of the state education system on their children, suggesting it forms regimented and stereotyped thinking. Several groups of concerned parents have started their own schools based on the philosophies of Rudolf Steiner and which encourage creative expression, and practical craft and living skills as well as formal learning. Read more on pages 70-71.

Photo courtesy of Northside Productions.

Back Cover: The humble donkey is a worthwhile member of the workforce, being easy and inexpensive to keep and versatile as a work animal. Here Jenifer Simpson loads hay bales onto a sledge while donkey Smoky takes a rest.

Read about these workers on page 27.

Distributed to newsagents by Gordon & Gotch.

Feedback Link-Up Feedback

Dear Friends,

My group on the Sunshine Coast welcomes newcomers (retirees) to the coast. We have outings and barbeques and friendly socials. All enquiries welcome. I have found *Grass Roots* a fascinating magazine.

J. Cornell
PO Box 424
CALOUNDRA 4551.

Hi Megg and Gang,

Our wanderings continue and I fear that some correspondents' mail may have missed me. We are presently on a farm in the ROSEDALE area which has an abundance of wildlife and great opportunities to pursue my interests in photography. We shall be here for a while so if any of the people who have written before and had their mail marked 'Return to Sender' or 'No Longer At This Address', would like to try again we should get it this time!

Allan Quartly of PO Box 5021 West Bundaberg 4670 has volunteered his services in collecting and disseminating information for we nomads, a much needed service. So, if any of you travellers need any info. drop Allan a line. (Don't forget to add something to assist with his costs!)

From time to time I have noted comments dealing with the Rosedale area and so thought it appropriate to add my little two cents worth. It is an area of abundant wildlife and bush with the main rural interests being beef cattle and small cropping. There are also some in the area trying alternatives to the usual, e.g. fruits both tested and exotic, a marrun farm to be and other interesting projects. It could be harsh to the experimenter or delightful for the persistent. Some will get their fingers burned due to lack of experience whilst others will go from strength to strength. As an experienced bushman the place has a lot of appeal and those willing to accept the challenge could do a lot worse. This is one place that you really can 'get away from it all'. Only a short distance away by road lies the ocean and the estuary of Baffle Creek, what more could one ask for?

To all the dreamers, — make your dreams into reality, all things really are possible and there is no better way of going about it than to ask through *Grass Roots* and to share your needs and knowledge with others the same way.

Fred Harmer
C/- PO
ROSEDALE 4674.



Edited by Megg Miller and Kath Harper.

Published by Night Owl Publishers Pty. Ltd, Box 764, SHEPPARTON 3630.

Grass Roots is produced for those who wish to regain control over their lifestyle by exploring the alternatives to modern mass consumption. Whether you've just started out or you're an old hand, why not share your experience and knowledge with other readers of *Grass Roots*. All contributions of articles and photos are welcome.

Cover design and artwork by Ian Boyd.

Typeset and produced by Layabout Layouts, Box 764, SHEPPARTON, 3630.

Printed by Standard Newspapers, 10-14 Park Rd, CHELTENHAM 3192. Ph: 03-584-8400.

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Dear GR,

I am currently conducting research into the CAROB TREE (*Ceratonia siliqua*) in northern NSW and would be interested to contact readers who might have trees growing which are producing pods. I am especially interested in the quality of pods and if anyone has hermaphroditic trees. Also if interested readers wish I might be able to help them with cultural aspects of growing carobs.

Scott A Beaton
High St
TAMBAR SPRINGS 2381.

Dear Friends,

Thank you all for the invaluable source of information in *Grass Roots*. Are there any MIDWIVES in or around Goulburn? We are expecting late January 1988, and we would love to hear from anyone who has had a HOMEBIRTH EXPERIENCE. All hints and help would be welcomed. We will try to answer all letters. Is there a homebirth society in Canberra? May the peace of the Lord Jesus be with you all.

W and L Guy
'Westwood'
Strathaird Lane
TARALGA 2580.



Dear Readers,

Me and my family are getting more and more concerned about the prospect of possible FOOD IRRADIATION. Experimental evidence points to detrimental long term health and genetic effects and suggests concern about the high irradiation levels proposed by Australia. It can create cancer forming substances in foods and lower the body's defences through the destruction of vitamins.

The resulting importation of irradiated cheap foreign foods from countries with questionable safety standards, will be to financial detriment of our own food producers. The current irradiation labelling proposals are vague and rob us, the consumers, of our democratic right to make a choice. I'm sure lots of your readers share our concern. So why not express your opposition to it by writing to local food outlets, local state, and federal government bodies. For more information write to Awareness Education, PO Box 8290, Stirling St, Perth 6000. This is run by Chris and Karen Papadopoulos, Maureen and Ray Barker, who are travelling around Australia to inform people about the danger. We've been to their lecture and thought it was very educational. If they are in your area and you want to organise a meeting, I'm sure they will be most happy to do so. Let's do something for the health of mankind in general and our own kids in particular.

W and I van Vanderen
The Jungle
MS 1078
GOOMBUNGEE 4354.

Dear Megg and David,

We have a farming and grazing property of 1580 acres in Gunnedah district of Northern NSW. It consists of red basalt and sandy loam, undulating with good areas of timber giving approximately 1100 acres available for cultivation.

In an era when so many chemicals are being used to control insects and weeds in food crops, we don't like the idea, and haven't used any since we have been here, about 8 years. Due to drought and lack of funds we don't crop any substantial area. We run sheep, pigs and some cattle. We do use some chemicals to control parasites in the livestock.

The reason I am writing to you is to see if you can direct us to someone who could advise us on the GROWING and marketing of CROPS and ANIMALS CHEMICAL FREE. I feel very strongly that a lot of sickness today can be blamed on the thoughtless use of chemicals in the production of foodstuffs. Anyway I hope you can help me.

Max Strong
'Mountain View'
GUNNEDAH 2380.

Dear Megg,

Would any reader know what to do to keep PINE CONES open to be used in dried arrangements. We have 6 huge trees and dozens fall down. I would like to use some for Christmas decorations to be sold on stalls run by my pet charities. They are open on the ground but later they close up.

Thanking you for many years of quiet enjoyment.

V Langdon
1100 New Cleveland Rd
GUMDALE 4154.

Feedback Link-Up Feedback

Dear Fellow Grass Rooters,

We are increasingly hearing more and more about the 'poverty trap' and what it is doing to people caught up in it. Some 3½ years ago Iris and I received a pension from the Army and decided to become SELF SUFFICIENT as a means of survival and a way of life we looked forward to.

By working long and hard hours at that we have finally arrived at our goal. We did it all on our own for the first 18 months but since then like minded people have arrived from all over Aust, some stayed a few months and found their own little bit of dirt and set themselves up, others are still with us. In all there are now six families within a ten mile radius of us, all into self sufficiency, an excellent barter system is operating and the local council will permit mud brick, pise and cordwood type houses.

We are running milking goats, house cows, beef cattle, pigs, turkeys, domestic rabbits and our dam is full of rainbow trout, not to mention our flock of sheep, coloured and eating, our vegie garden and our 30 tree orchard being planted out today. We are self sufficient in milk, cream, butter, beef, lamb, pork, ham, bacon and smallgoods, rabbit meat, eggs, turkey, poultry, fish and vegies, we tan our own skins, spin our own wool and enjoy our life style.

All our produce is on a perpetuating basis and our main problem is our production rate is greater than our consumption rate. There are six of us at the moment enjoying life here and we have room for a few more. Our main problem is accommodation, but we are working on that as we have 2000 mud bricks made and the pad poured for our first cabin. We have power and the phone, all our water is pumped from a natural spring on the property.

If you are interested in writing or visiting please contact us at the address below. I forgot to mention we have a few unproductive luxuries like dogs, cats, 12 Shetland pony mares and a stallion, peacocks, guinea pigs, pigeons, and so on.

Alan W Gent
Brays Rd
SHEFFIELD 7306.

Dear Grass Roots,

My husband had heard by hearsay of an ancient technique used in Switzerland to AID CROP CULTIVATION. Firstly he donned thick, rubber gloves and collected stinging nettles, chopped them slightly to release some of the juice, then put about ½ kg into a drum of water and soaked them for a week. He used the mixture to spray his vegetable crop once a week and then found that even every 2-3 weeks was all that was necessary to eradicate pests, even grasshoppers, from the crop. The vegetables grew larger and healthier than those he grew without using this interesting and affordable technique.

Lana and Ernst Kuhn
28 Grove Street
EASTWOOD 2122.

The Biological and Chemical Research Institute were interested to hear of this report of Lana Kuhn's. They receive enquiries from time to time from people wanting to control insect pests without using conventional chemical pesticides. Unfortunately they feel this type of alternative material is not viable for the larger commercial crop producers where the costs involved would be far too high.

Dear GR Readers,

To all of you striving to rid yourself of the NICOTINE HABIT, I have recently achieved great success with the following method: No caffeine or alcohol for the first week (they 'attract' each other), lots of fresh fruit or fruit juices, lots and lots and lots of Vitamin B, (it reduces the craving) and chew sunflower seeds whenever the urge to smoke strikes. Apparently the seeds mimic some of the effects of nicotine without being addictive in themselves. Go to it.

We have just moved down to Southern NSW after six years in North Queensland and we'd love to hear from other GR readers in our area, because we're feeling a bit lost down here. 'We' are Meg, 30, Beth, 5 and Simon, 4. We're living in a rented house on a dairy farm, and at present we're preparing a patch of earth to receive an influx of vegetable seedlings, and planning how to build our chook run (mighty oaks from little acorns).

Our very best wishes to all of you and hello to Steve and Desleigh Jurgens.

Meg, Beth and Simon Kerr
P O Box 365
FINLEY 2713.

Dear Megg,

MULBERRY VINEGAR is a refreshing drink (the Kobelts, GR 61) and easily made with any soft fruit, including satsuma plums: to each kilo of fruit add a generous litre of best malt vinegar, in a china or glass bowl. Cover with a cloth and let stand 3-5 days, stirring occasionally. Strain off the liquid, add 1 kilo granulated sugar to each litre, boil for 10 minutes and bottle.

In DRYING FRUIT I use no preservative (Beryl Loftus, GR 61), only apples I drop into salted water as I chop them up and chopped apples are better in muesli than rings are. Most fruits I slice very thinly. They dry quickly and are really tasty. I dry more vegetables than fruit. I scald before drying, and slice thinly. Pumpkin and zucchini can be ground when dried and can be used to thicken stews or I make 'instant' pumpkin scones. Excess crops or gifts can be dried for winter soups. Potatoes need to be dropped in salt water while slicing thinly. The possibilities are endless! Regards.

Maureen Barlow
RMB 228
MANJIMUP 6258.

Dear GR Readers,

I live in a beautiful valley surrounded by rolling hills which change colour according to the time of day and the weather. Sometimes I can't even see them because they are shrouded in mist or low-lying cloud. I live in this valley because I took a risk! I'm not a risk taker by nature but my motivation was very high. Having taken the risk I haven't looked back. It has brought about a change of direction in my life which I had been wanting to make for some time but which circumstances, and fear of the unknown had prevented. I love living in an environment where I feel I belong — surrounded by nature and people I know. I love leading a more relaxed lifestyle and having opportunities to experience different things. I love listening to the birds in the morning and evening, and the sound of the wind through the trees.

I'm not living an alternative lifestyle as such — just living in a different environment with scope to do things I couldn't do in the city. I love my animals — dogs, cats, goats, geese, ducks — and I love my gardening. My house is built to lock-up stage only and I don't have plumbing, but that will come. I'm concerned about social issues, though not fanatical. I'm interested in current affairs and political events, though only to the point of keeping myself informed. I'm well educated, and always interested in learning something new.

I would love to hear from anyone who would like to exchange ideas.

Eileen King
C/- PO
SINGLETON 2330.

Dear GR Readers,

After years of fruitless searching Sandy, daughter Belinda and I have finally managed to find and buy a little piece of Australia that we can call our own, 55 beautiful acres fronting onto the Boyne River at Benaraby which is about thirty minutes out of Gladstone, Qld. It will be a couple of years before we can afford to give up our jobs here and move onto the block but by then we hope to have a few things well established. Our first priority will be to construct a large dam on our seasonal creek from which we can irrigate and which, hopefully, will attract wildfowl. Overlooking the dam(site) we have approx 15 acres of sloping ground with a N.E. aspect which we understand is favoured by bananas, and we hope to establish a plantation there. Unfortunately that is the total extent of our knowledge and we were hoping GR readers could let us know where we could get the information required for establishing, maintaining and marketing a COMMERCIAL BANANA CROP. It would be greatly appreciated and we thank you for any help offered.

T. and S. Jacobson
12 Pacific Rd
QUAKERS HILL 2763.

Dear GR Readers,

After receiving response to my request for a GRASS ALLERGY CURE for my dog Tim, I thought I would pass on the solution to our problem. So far the remedy which is working well is brewers yeast powder each day in his evening meal, no canned dog food, plenty of bones (with meat on them), very little dry dog food. His favourite is brown rice with milk, an egg and honey! But not too often! He basically is eating what we do, which means he is getting heaps of garlic.

Brenda Darley
150 Parkes Rd
COLLAROY PLATEAU 2098.

Feedback Link-Up Feedback

Dear Grass Roots Readers,

Who knows the TRUTH about TAGASASTE? I have just read Laurence Snook's book on the subject which states that Tagasaste compares very favourably with other stock feeds such as rye grass/sub clover, oat grain, wheat grain, lucerne etc. However, a (somewhat anti) Agricultural PhD friend says that the consensus at Uni is that Tagasaste is very poor by comparison.

Whom should I believe? All alternative points of view will be gratefully received! Thanks.

Bev Mustchin
1 Anzac Tce
BASSENDEAN 6054.

Hi folks,

I have been reading GR for many editions now, but have never plucked up the courage to write in. We Graham 23, Sharon 21 (me), Cain 2, and Kieya 5 months have only just moved back to Qld after spending 18 months in NSW. Couldn't hack the cold and the restrictions on growing. For 6 months we'd have a frost once a month without fail and for the rest of the time, once a week.

I'm interested in GETTING TOGETHER with other GR PEOPLE in my area and learning the tricks of the trade. I know what I want to do, but with two little ones I just haven't got right into it.

We live on a dairy farm and are surrounded by rainforest. Need I say more. Words could not describe it. I enjoy most crafts, cooking and helping my husband on the farm. I love Cain and Kieya and want the best for them and would like to be as self sufficient as possible.

Well the sun's sunning, the moo's mooing and Graham's just come home from milking, looking hungry. Look forward to hearing from you all. Take care and be happy.

Sharon
P O Box 221
RAVENSHOE 4872.

Dear Grass Roots,

Do any readers know of any books or articles on WORM CONTROL IN SHEEP, using natural means rather than chemical drenches?

Julie Picard
PO Box 237
PORTLAND 3305.

Dear Grass Roots Readers,

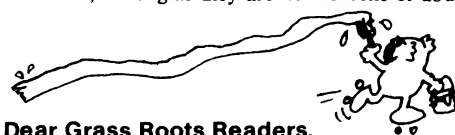
Having lost twice in the last ten years my home and the last time my job due to a car accident, I am again starting from scratch. I do have 75 acres of limestone, 1/2 dozen sandalwood trees, a galvanised iron unlined shed and a caravan.

Through reading *Grass Roots* and people with so many talents, I am dumbfounded. My brain refuses to work, it's blankety blank. Presently I live in a caravan, couldn't cope with the mice eating my fingers at night time and I am again happy and contented, but realise that I NEED TO LEARN MORE SKILLS if I am to become more self sufficient.

Next year I intend to broaden my horizons and I would like to hear from *Grass Root* readers in Qld or WA, with a view for me to stay at their place in exchange for helping with chores. I am a 50 year old divorcee, fit, active, capable, but apart from having been a business woman and a nurse not good at practical matters, can cook and clean though and very willing to learn anything. Already by reading *Grass Roots* I feel a whole new world opening up for me.

Anybody who would like to contact me will have their letters answered, as long as they are not obscene or abusive.

Gina Wrobel
PO Box 140
SEDAN 5353.



Dear Grass Roots Readers,

My fiance and I are looking into BUILDING our own MUD BRICK home in the Hurstbridge, Diamond Creek or surrounding areas. We are finding it very difficult to find necessary information to decide which avenues to take. We are willing to travel and talk to people who have successfully researched and built their own mudbrick home. We have heard a lot about groups and organisations involved in mudbrick homes and this sounds very helpful and interesting.

Any support and information would be very much appreciated.

Melinda and Peter Deans
20 Boyce Ave
BRIAR HILL 3088.

Dear Readers,

I'm an Aussie who's been living and working in Tokyo for 2 years saving hard so that I can get enough money to buy my own block of land in Australia sometime. Living away from Australia I miss the natural beauty one takes for granted and there isn't much here in Tokyo. But life's very different here. I'd like to hear from anybody who'd like to exchange letters as I feel very isolated at times.

Kurt Ruzsicska
406 Villa Bliss
4-34-3 Kita Shinjuku
SHINJUKU-KU TOKYO 160 JAPAN.

Dear GR Readers,

Hello, I am writing to you all from the cattle station I work on as a governess. I am a nurse by profession, so teaching two country minded boys their tables is quite challenging. The station is a mere 80,000 acres with 1500 head of cattle. When I first applied for the job I had visions of CENTRAL WESTERN QUEENSLAND as being treeless and barren, but this area is so rich in natural fauna and flora attributes. Just on our small property we have a huge natural lake 4 km around. It is surrounded by weeping tea-trees and fine clean white sand. Who needs the beach? In the 'top' country there is the characteristic red hue of central Australia and amidst the red sand and Gidyea trees there are caves and natural deep water wells. In the open country there are flat shimmering claypans and fields of rolling buffalo grass. One of the most beautiful things about this country is its 'Western Skies'. The sunsets are so red and they light up the sky with a warm feeling. I used to live in the city, but now I've had my taste of country life I'll never go back to the hustle and bustle. Does anyone else live in close proximity to me? If you do please drop me a line.

Sandra Newman
Sumana Station
ARAMAC 4726.

Dear Grass Root Readers,

Hi, while on a visit to Australia, I bought some ROSELLA SEEDS. We will be growing them this year. Does anyone have any recipes for the fruit? Much appreciated for any replies. Thank you.

Jo Burns
RD 3
Waimatenui Rd
Kaikohe
NORTHLAND, N Z.

Dear GR Readers,

With help from friends, I am building my house on my own two acres. I would like to have a DECORATIVE TOP RIDGE TO THE ROOF (30 degree pitch) and wondered if readers have ideas and experience on design and materials. Is wood or metal the best? I have in mind a revolving weather cock at one end and some sort of peace symbol at the other, with a row of Australian native animals in between. From where can I get a weather cock? Would someone like to assist me make them?

Pauline Davis
Symonds Road
NIMBIN 2480.

Dear GR Readers,

Terry and I will be tripping over to Queensland on the 8th-23rd April 1988 and we are very interested in seeing land and properties in the Gympie districts, particularly Eulumi and Kin Kin. If any of you GR people are able to help us become familiar with the area, please drop us a line so we can look forward to our trip with keen anticipation.

Thanks Megg and co., for your marvellous and sane magazine. Our friends and we look forward to the latest mag. We all see who can receive their magazine first.

Marion Curtain
PO Box 264
COLLIE 6225.

Dear GR People,

Thanks for a truly excellent magazine. SCOURS when raising young mammals seem to be a regular problem. We have found that in addition to careful hygiene, 1/2 teaspoon of salt (yes even iodised) added daily to feedings right from the start and also as a remedy even when acquiring new animals with severe dehydration will stop and prevent further scours. This is from a 1920's farming handbook printed in Australia, I'm sorry but I can't give titles etc., as the book is away being rebound.

R A Kerr
C/- Post Office
WESTPORT 7600 NZ.

Feedback Link-Up Feedback

Dear Megg and David,

Just a short note to thank you for a really good magazine. I have been reading *Grass Roots* on and off since your first publication. In this crazy world that we live in, it's really good to know there are still some genuine people out there somewhere.

We live on an average suburban block but still try to grow our own vegies (organically) we have a few chooks and try to eat as little processed food as possible. Our ultimate aim is to own some acres where we can be even more self sufficient.

Amanda and Ivan Hamson
83 James St
MORPETH 2321.

Dear GR Readers,

We are two ordinary suburban people. Our long term plan is to have our own 25 acres to support ourselves with local sales of honey, eggs, vegetables and fruit. The dream involves a mudbrick house, solar electricity, wood stove, methane from pigs and ethanol from sugar beet. I guess our dream and plan is much the same as many others. We know that for us it is not achievable until 1995 when my husband's superannuation is due. In the meantime, at the beginning of 1988, having resigned from public service jobs, we'll be heading bush, probably along the NSW or QLD coastal strip.

Over the years we have been to various confests and field days, as well as doing hobby courses on herbs, fencing, propagation, mudbrick building, wood work, crop and pasture production. So we have a bit of a theoretical knowledge. I still use nicotine, we eat meat, garden organically, have bee-hives and have built a solar green-house (in cold old Canberra — birds eye chillies and lemon grass in mid-winter). We had thought of various possibilities such as caretaking, sharefarming, multiple occupancy or joint tenancy, but don't know much about practical pros and cons of such arrangements. We'd like to MAKE CONTACT with and maybe VISIT PEOPLE TO EXCHANGE IDEAS and to learn of others' experiences. Who knows, maybe we could achieve our dream earlier and find something in 1988 that could become permanent.

Carolyn
PO Box 241
WODEN 2606.

Dear Grass Roots Readers,

Hi, love *Grass Roots* which we first found in the local library.

The main reason for writing is in GR 56 (August 86) Anonymous states 'Iodine cures ringworm'. I disagree. I have RINGWORM of the groin which the doctor is unable to cure, do readers have any ideas? I will try almost anything. Thank you.

Ann and Ian McKechnie
29 Laurie St
CARINA HEIGHTS 4152.

Dear Grass Roots Friends,

Hi, I have been reading *Grass Roots* for about 6 years. More recently (since marrying and becoming aware of electricity charges) have become interested in alternative power and the way people survived before electricity — we take so much for granted these days. I have always loved crafts, animals and growing vegies. Hubby (Rick 26) and I (Nanette 24) hope that someday we will buy a small block of land and be relatively self sufficient/reliant. (We would LOVE TO HEAR the success and failures of such a venture from anyone who has had a go.) We presently have a small mixed business (corner store) of our own which ties us down 7 days 7 am to 7 pm but we look at this as a stepping stone to our block of land. I believe for such a venture the land must be paid for first as it will not pay for itself.

We love travelling (esp. Australia) camping and bush walking, basically the great outdoors, Rick loves sports, I love cooking and sewing. We are expecting our first baby in October. Anyone who has lost a baby through hydatidiform mole are welcome to write to a friend who's been there.

We would welcome letters from people of similar interests, we are not vegetarians, to each his own. We love log cabins, maybe someday we will do something about that dream too. Does anyone have a pattern for a BABY CARRYING SLING that you tie to your front or back. Hope to hear from some GR people anywhere but especially like to hear from people in the local area. We will try to answer all letters, health and happiness to all. Keep up the great work.

Rick and Nanette Watts
182B Logan St
TENTERFIELD 2372.

Dear GR Readers,

Hi, hope you are all achieving your dreams. Ours are on hold a bit.

My main inquiry is for information concerning the rehabilitation of HEART ATTACK victims. The reason for the inquiry is because my husband had an attack on Saturday (July 87). He is only 36 and the doctors were as surprised as us to have the attack confirmed by blood tests. I would like information regarding diet, recipes, lifestyle and relaxation techniques. All letters will be appreciated and answered.

Toni and Clyde Jones
105 Dragon St
WARWICK 4370.

Dear Grass Roots Readers (and writers),

I have finally laid down No. 60. and have decided to write and perhaps contribute something in return for the hours of pleasure I have received from this magazine. About six months ago, myself, husband David, and two children moved up here from Melbourne. We had always hoped to live in the country, however saw no possibility of it happening until I accidentally was re-united with my cousins, who generously invited us to live with them on their property. They have recently moved on to warmer climes, taking with them their three small boys. You can imagine how crowded a 15' x 30' abode can become with so many to occupy it, but somehow we all survived and remained good friends! When cleaning out the upstairs loft, I discovered a treasure trove — many back issues of GR, which I quickly stuck my nose into. What a wealth of information! Last week I made some herb jellies, recipes supplied in a previous letter from Renate. I made mint and sage, using Jamsetta as the pectin, and they are delicious with baked vegies, also on salad sandwiches instead of mayonnaise — we don't eat dairy products. Anyway, I scrimped and scraped the house-keeping this week, and was able to buy April's issue. So although I've only been reading GR for a short time, I have crammed several years into a few weeks, and feel I've been reading forever!

Diana Reynolds — I too have tried many REMEDIES FOR ECZEMA on my little boy (3½), although he has never had it badly, due, I feel to a diet free from artificial substances. Like you, I have found it comes and goes, sometimes it is worse in cold, windy weather. His sister (22 months) doesn't suffer. In the last few days, I have been applying Calendula ointment, a preparation using marigold flowers. The brand I'm using is available from Denis Stewart and Robin Kirby (sorry no address on the jar, but health food shopkeepers should know of them 'Southern Cross Herbal Ointments' is the company name). I think Blackmore's make a Calendula cream as well. Anyway it seems to be working, the rash is much less angry and not so raised on the skin. Hope it might work for you, its distressing to see flaws on otherwise perfect baby skin.

Has Glen Hopkins' wife tried RASPBERRY LEAF TEA AS A MOUTHWASH then to be swallowed to work internally? My mother found the tissue salt Kali Mur, to be most effective in keeping ulcers at bay, if taken regularly. I am sure there are many reasons why these painful things occur, ranging from stress to injury, through poor diet and the use of poisonous drugs. So for each cause, a different remedy seems to need to be applied — hope Mrs Hopkins finds hers.

Now a question from us — could anyone advise us on the PRESERVATION OF FRUIT TREES AT BLOSSOM TIME? Last November we had a disastrous —8 degree frost, completely out of season, and lost every blossom off every fruit tree. It was heartbreaking as we had not only the old standby of apples of different kinds, but peaches, cherries, apricots, pears and plums. Not to mention the vine fruits! We have thought of individual coverings, or 44 gallon drums with sawdust scattered among the trees, but do not know the ways to go about putting these things into effect. Any help would be gratefully accepted.

Christine Husk
C/- PO
BENDOC 3888.

Dear Editor,

I am interested to know if anyone has built or is building a LOG HOME. I am keen to build one myself and would like to know the techniques and also the do's and don'ts of building such a home. I am a carpenter by trade and hope to buy about 20 acres of forest in the near future. Any information would be gratefully appreciated.

Quentin Earl Daniels
1 Kearne Place
KAMBAH 2902.

Feedback Link-Up Feedback

Dear Grass Roots Readers,

I am prompted to write to you because I have often read in your magazine of teachers, disillusioned with teaching in the cities, who resign and seek a more relaxed life style.

At present many country teachers are concerned with the increases in government housing rent. They claim that there are few INCENTIVES TO TEACH IN THE COUNTRY. While I am sympathetic with their grievance about the sudden and dramatic increases I cannot agree that there are few incentives to teach in the country.

Having spent twenty years teaching in big secondary schools in large cities -- Adelaide, Newcastle (NSW), Auckland and London. Having faced many hostile, aggressive, belligerent, and even threatening students -- being aware that some of my colleagues suffered complete nervous breakdowns. Having suffered the stress and mental strain of coping with this day after day, it was an unbelievable breath of fresh air to accept an appointment in a country school.

Students in the country schools are open, friendly, responsible, outgoing and yet unsophisticated in a most appealing way. The job satisfaction and pleasure in one's work is most gratifying and rewarding.

It is interesting to note that in London extra 'incentive' money is paid to teachers who work in the particularly 'difficult' inner city schools, and yet here in South Australia so many misguided ones among us strive for city appointments.

Where we are teaching at Parndana people do not have to lock their houses or their cars. They do not have to lock their car petrol tanks against theft or the risk of 'damaging additives' as is the case with our city counterparts. Our children are safe to go about the towns, beaches or countryside unmolested and untroubled.

I believe our quality of life is far superior to that in the rat race of the city. I am amazed that we have difficulty staffing our schools -- particularly in secondary areas.

I am sure that among your readers there are quality teachers available to take up these positions who may not be aware of the Utopia that exists here on Kangaroo Island. I believe we have the best of both worlds: a secure well paid job, relatively free of stress; travel allowances to Adelaide and back three times a year for the family, with car, and a relaxed caring community in which to live where people are friendly and helpful.

Government owned housing is 80 per cent of the cost of housing trust houses in Adelaide. However there are privately owned vacant farm houses with a few acres of land as well -- maybe a bit run down, but at very reasonable rental. Small blocks (ie 80 acres) are available to buy for those prepared to make a more permanent commitment.

Why not make some enquiries? It could be well worth your while.

Val Borgmeyer
PMB 147

Rocky River Service
VIA KINGSCOTE 5223.

Dear GR Readers,

Vi and I have decided to move from rural WA to the LISMORE AREA of NSW. After working for years in various locations around WA, we have decided on this area to settle in. We are both in our early 30's and we would like to hear from people living in the area to give us some idea of where to look for a few acres of land. We are currently living on a 10 acre semi-cleared bush block with vegies and chooks and we have to have our horse boarded out, which is something we would like to avoid. I am a carpenter and mechanic so property maintenance is no problem and Vi is a good housekeeper and keen gardener. We have both had some experience in farm work and are keen to learn more.

We don't plan to move until late January 1988, so please write as we feel a need to plan ahead. We are slightly nervous about this step in our lives as it is not for the fainthearted so all assistance would be greatly appreciated.

Vi and Dominic Sawyer
C/- PO
DANDARAGAN 6507.

Dear Megg and Grass Roots People,

I am aged 77 and have had great help from using a Vitalizer Rebound unit. (Healthwise I am 20 years younger.) Would anyone like to know more about this health programme?

Enid Ingpen
Page Rd
KEYSBROOK 6206.

Dear Megg and GR family,

Well I've made the break with the city. I packed my two boys, dog and cat up into the old Holden and hit the trail to Renmark. It's not the mountains and there's no snow but the fresh air and friendly people make up for them.

Are there any GR folk in the RIVERLAND? I'd love to meet some. Also I'd like to hear from folk in the Ben Nevis areas of Victoria (please). I live in a caravan now but hope to have a house soon. Does anyone know the origin of the surname of Moulds please? Thanks again.

Lyn Tranter
'Mountain Lover'
27 Pyap St
RENMARK 5341.

Dear Editors and Readers,

We would like to hear from someone in the REGION NORTH OF LISMORE AND SOUTH OF MURWILLUMBAH. Especially interested in learning about this area, its shires, schools, climate and soil. Information about living on the land, owner built houses, things that grow well, animals, would all be very welcome.

We love this part of Australia and plan to buy and settle this time next year. We're in our late 30's, have two children at pre-school and John works in the entertainment industry. Our short term goal is to try something new and hopefully more rewarding (for us). Our long term goal needs more thought and planning as we'd like a modest income from the land.

Should someone like to make contact we'd enjoy hearing from you. All letters will be answered. Please, NO dropping-in at address provided.

Judith and Joh Garland
C/- 17 Lukin Ave
DARLINGTON 6070.

Dear Readers,

I am wanting to get a computer print out of my ASTROLOGICAL FERTILITY CHART as well as a chart on my bio-rhythm charts. Could anyone tell me where to contact for this information?

Glenda Sawtell
1 Bartholomew Rd
ELIMBAH 4516.

Dear Grassroots,

Kia Ora! I have only recently become a reader of your most rewarding magazine. In fact it could not have come at a better time since I have recently had the urge to move to Australia to live to see the sun. Down here on this little island it has been too cold for my olive complexion, I am of Maori origin and 24 years old.

I would like to know if anyone is willing to write to me and 4 year old son Thomas, to give me suggestions of where to live in Australia. It would have to be somewhere near the coast always warm and abundant with fresh fruits. Myself being confident on the Gerson diet for the last year (raw vegies, fresh fruits). It eliminates all sickness but you have to be pretty much into it.

If anyone wants more information there is a book called *The Health Revolution* 3rd edition by Ross Horne. This book is the book of all health books so please those people suffering from anything this is it.

Also I would like to know of the whereabouts of the alternative schools and how they operate. Thanks (Both in NZ and Australia).

Tania McGregor
5 Murray St
WAITOTARA, NTH ISLAND, NZ.

Dear Megg,

First of all, thank you very much for your lovely paper. A friend of mine gave it to me to read. The reason I am writing, I have a big problem and hope you can help me. I am a fifty-six year old man a sugar diabetic and I had a cancer operation a few years back. I have a lovely little home with a few acres, just out of town, but very central. I am an introvert and very shy person, all alone in this country. Been here over 30 years. My problem is I am very very lonely. I get so depressed, and I don't like my own company. I do not go out and sometimes I don't see anyone for weeks. I have a dog and cat, and a few chooks, ducks, guinea fowls and pigeons. Also a few birds and a lovely garden. My eyes are very bad, because of my sickness. I love good music and am quite an intelligent person. Is there amongst your readers anyone who would care to write

R.T. Devenyi
BODALLIN 6424.

Feedback Link-Up Feedback

Dear Megg,

Although I am not a subscriber I do get to read *Grass Roots* from the local library. I have been working on RECYCLING OF NEWSPAPER other than burning it as a log. In the past few months there has been a great resurrection of TREE PLANTINGS and a lot of trees are now started in growtubes. That is, plastic tubes of 50 mm and up to 600 mm long, split down the middle. After the tree has grown just out the bottom of the tube, a 50 mm hole is bored in the ground and the tree put in. The tube halves are then removed and reused. This is a system where roots are not disturbed and should give the seedling a great start in life.

My own system is to use 4 to 6 sheets of newspaper, roll it around a 50 mm or larger plastic pipe and using paper tape put a few rings around it. When the tree has grown in the growing medium (I use standard growing mix) it's a simple matter to dig a hole and put the paper tube and the tree in the hole, fill it up and water well. The paper tube will hold a lot of water and this sort of planting does not upset the roots at all. They simply continue growing out the bottom. I use the same system for all my other plantings both flowers and vegetables as it's easy to cut the empty tube to any required length. I have had no setbacks with this method at all. The paper rots away and provides humus. The trick in using paper tubes is to pack them tightly into a box or container so that the paper is supported while it's wet. Tubes can be left either round or when filled with soil can be pushed square if they fit the container better that way.

Lastly I have found that masking tape is not quite so good for holding the tube together for a long period of time, so that I now use plastic packaging tape and will slit it just before planting.

I have a reasonable NO DIG GARDEN, if any weeds come up I put on a few sheets of newspaper and cover it up with sawdust or compost. Gradually the level of soil builds up and hopefully it will become more productive. I have a problem with SNAILS, all of our plants were either bought or borrowed so that we now have a few million snails. If any reader could help we would appreciate it. Thanks for a great magazine.

K Drazic
16 Karbro Drive
CARDUP 6201.

Dear GR Readers,

This 'ex Tassie-devil', with a yen to return 'home' (this time with my 3 children), after an absence of 15 years, needs some advice on the following: cheap caravans how not to buy a 'lemon'! Tassie's housing rental market/land prices and availability, alternative schools for primary aged children, employment opportunities in Tassie (and rural Victoria), the ferries from the mainland to Tasmania, timetables and costs.

We're planning to 'pull up our roots' in early January 1988, and would love to hear from anyone with relevant information. No irrelevant correspondence please! Last time I advertised in *Grass Roots* most of the replies were chain letters and 'hair brained' get rich quick schemes. Has anyone else had the same problem? Why don't you 'con people' please confine your rubbish to your rubbish bin. Here's hoping this letter will find me a few new friends.

Peta Sargison
Lot 18 Chittering Valley Rd
LOWER CHITTERING 6084.

Dear Grass Roots People,

I am writing to ask if there is anyone within a reasonable distance from Melbourne who can sell me some FREE RANGE EGGS. As I have to come by public transport I'd prefer the eastern side of Melbourne — Healesville, Warburton, Eltham, Lilydale, Belgrave, Olinda or anywhere like that. We need a dozen eggs a week and sometimes even two dozen. So if anyone can provide them for us, I'd be eternally grateful.

I'd also like to obtain some HONEY so if anyone who could provide me with up to 5 kg of honey at a time to use in my cooking and for other uses, please get in touch. I make jams, decorate baskets, bake cakes using wholemeal flour, honey, carrots, pumpkin, apples, bananas, oranges and dried fruits. I use little or no sugar or milk, and in some cases no eggs, so if any of these things appeal, perhaps we could swap.

I'm waiting for my fruit trees to bear so I can make this season's batch of fig, apricot, plum and quince jams and jellies, so there'll be a bit of a delay on those items. — but I can organise everything else quickly. I hope some nice reader or readers can help us, as we are desperate for real eggs and honey.

Vicki Judd
5 Hakeville Ave
NUNAWADING 3131.

Dear Grass Roots Readers,

We have found our plot of ground after much searching and we now live happily surrounded by our Saanen goats (4), chickens, ducks and guinea fowl. Our garden is mainly trees and bulbs as we haven't a great deal of water.

We, my husband and 2 children are very happy on our 11 acres and have plenty of eggs and milk from our animals. It's a busy but good life and we are only 6 km from Castlemaine and 40 km from Bendigo, for outside supplies, and entertainment.

We have discovered a snag, however, that we are hoping may be answered by a *Grass Roots* reader. This is, we want to leave our farm for about a month over Christmas holidays and don't know how to MANAGE it with THE ANIMALS. Our neighbours are willing to help, but we believe there must be a better way.

Perhaps someone would enjoy a month in the country and can, or would be willing to learn to milk the goats — let's hear from you.

M and B McLean
PO Box 380
CASTLEMAINE 3450.

Hi GR Readers,

Thanks to David and Megg for a most interesting look into life. Having recently moved back to Victoria from WA, I am now looking for anyone who may know of a GENERAL PRACTITIONER in our area who is into WHOLISTIC HEALTH CARE and the like? We were lucky enough to have a great relationship with a caring person in WA and are hoping to find a soul mate of his over here. Look forward to your replies.

Glenda Hall
Makeham Rd
WOODLEIGH 3989.

Dear Megg and David,

I have a request to ask of you. I am SEARCHING FOR a lady named ANITA GROSBY. She last corresponded with me approximately 3 months ago. The letter she sent me was lost along with her new address.

I have tried her old address without success. Knowing that she receives copies of your magazine, also places the odd piece of herbal information in your link up section I am hoping that she may read this letter and write again.



P White
420 Kremur St
ALBURY 2640.

Dear Friends,

Hi, this is my first letter to *Grass Roots* and I would just like to say I have found your magazine extremely interesting.

I am currently a year II student doing my HSC. As a section of our course we are offered a newly introduced subject known as Society and Culture. In this subject we are required to do a Personal Interest Project on a topic of our choice. I have been interested in ALTERNATIVE LIFESTYLES for some time. So I found the PIP a perfect opportunity to research my interest. I have just begun my research and so far I have found the topic very fascinating. But I am having trouble gathering information and I would love to correspond or possibly meet with any people living an alternate lifestyle.

Thank you to *Grass Roots* — your magazine has already been a great source of information. It would be great to hear from anyone who could help me. Any letters I receive will be answered.

Samantha Davis
Lot 11, North Arm Rd
BOWRAVILLE 2449.

Dear Grass Roots,

I am trying to breed my own CHICKENS. My aim is to produce a good layer and mother with the roosters meaty without chemicals or overfeeding. I need information on the Old English Game bird, New Hampshire and Ancona. All the books at the library seem to be on showing birds which I am not really interested in. Any information on breeding and feeding without drugs and chemical boosters would be most appreciated. The chicks would be raised with their mothers, with room to move, besides I can't afford an incubator! Thank you for a great magazine, I really like the Feedback. I pick up heaps of information. If anyone would like to write, I promise to answer all letters.

M Turner
Box 109
WICKEPIN 6370.

Feedback Link-Up Feedback

Dear Grass Roots People,

I am wondering how many of you realise what is involved in this AUSTRALIA CARD, we have been told it is to catch cheats but as everybody applying for social security of any kind must first produce a birth certificate I feel that is pretty good evidence of identity. Did you know that if you are employed in a job and don't have a card you may be dismissed or forced to resign as it is an offence for an employer to pay you (cl 49.2). Penalty \$20,000. You cannot get a new job as it is an offence for an employer to hire you (cl 49.1). Penalty \$20,000. A person without a card will be denied access to pre-existing bank accounts (cl 40.2c) and cannot cash in investments (cl 42.2) and cannot give or receive money to or from a solicitor (cl 41.7d) or cannot receive money invested in property, cash management trusts (cl 42.4c). Penalty \$20,000. Benefits will not be paid to unemployed, widows, supporting parents, aged, invalid or sick without a card (cl 54.7). Farmers without a card will not receive payments from marketing boards for their produce (cl 43.2) Penalty \$20,000. A cardless person cannot rent (cl 43.4) or sell (cl 45.2) their own home or land. Penalty \$5,000. I wonder if you owe money on your house still and can't work neither can you rent, who gets the house or property?

A hospital may refuse entry to a cardless person (cl 53.1), a cardless person cannot claim Medicare benefits or bulk billings (cl 53.3). That's not all, the authority is not bound to renew lost and damaged cards but they have a solution to this — our number will be laser beamed to our forehead. Who knows what health hazards that will involve? I think it is time Australians write and fight. I for one will refuse the card and believe if we learn to barter as many of you do and give and receive we will survive. I feel very sad though. As a mother of eight I always felt Australia was a free country where everybody could make a go of it if they wanted to and was happy to bring up my family here, but not 200 years after we began it looks like we will be under as much suppression as 200 years ago, unless we as individuals fight, protest, write letters — anything you can think of. The Bill of Rights was stalled by public opinion otherwise all you land owners would not own your own land anymore. C'mon Aussies fight for your freedom and way of life.

Anne Wellman
24 Fishermans Rd
ST GEORGES BASIN VIA NOWRA 2540.

Dear Grass Roots Readers,

Attention all Tassie GR's! Help! My fiancé and I are hoping to travel to Tasmania in April next year for approx two weeks, and would appreciate any information, on those OUT OF THE WAY PLACES of interest that are not in travel brochures.

Also apologies to anyone that wrote to me, in answer to my letter in GR60 and had their letters returned. Shortly after my letter was printed I moved from that address. My sincere apologies to anyone concerned.

Jane Willis
3/74 Ellendale Rd
NOBLE PARK 3174.

Hello Everyone,

I'd like to say we're proud to be a part of the move back to peace, sanity and country living. Our first 6 months on our 20 acres of bush has been exciting, frustrating (we get a lot of rain here) and a real learning experience. We run a 3.5 kVA Lister diesel for power with kero lamps and heater for backup. Our combustion stove and wood fire are in a shed awaiting the start of our house, delayed by rain. Living with a 5 and 3 year old in a 25 ft caravan can be trying, especially when the weather keeps us inside, but I'm still sane! Our hot water is heated in a 15 gal gas copper filled by bucket from our tank. We call our place Wombat Hollow, we are bordered on two sides by Wombat State Forest which lives up to its name and is home to most of the familiar Aussie animals.

I would love to hear from anyone who has grown BLUEBERRIES, either for home or for sale, in a high rainfall, cool climate. Our soil is rich volcanic deep topsoil. We get frosts and light snow occasionally in winter but we are sheltered from the wind. One hint for people still looking for land. Go to the areas you like and drive around. Our place was discovered on a Sunday drive for private sale, half the price of advertised land in the same area. Best wishes to you all.

Karen, Fred, Adam, and Robyn Winterton
PO Box 77
TRENTHAM 3458.

Dear Grassroots Readers,

My baby has been suffering with ASTHMA since he was six months old, he's now one. I've been going to the doctors with him and they prescribed medicine which I hate having to give to him, but he wheezes continuously if I don't. I took him off dairy products and his wheezing stopped for two weeks. But then it came back again. He is still off dairy products as it does seem to make it worse. I've also tried him on a vitamin C powder and Adamyl (a vit. mixture) but that hasn't helped. So I was wondering if anyone has any information on natural remedies for asthma that they could send me. I would be most grateful.

Also if anyone has got a recipe for a NON GREASY BODY LOTION for dry skin, I've made a couple and they are so greasy.

Peace to everyone and thanks for a great magazine.

Liz and Baby Jay Symons
76 Jacoby St
MAHOGANY CREEK 6073.

Dear Megg,

A word of warning to GR folk contemplating replying to letters for pen pals to some West Africans particularly GHANA as in GR62 (note the same box number). I (fool me) replied to one some issues ago — then to two more to see if there was any comparison. All I got back was a letter with a photo, followed by one or two more letters soliciting money (US dollars) and letters filled with hard luck stories. I wish I'd kept the letters to show you.

The letters right from the very first were full of sexual suggestion/innuendo, demands for gifts such as stereos, cassettes, leather goods, bolts of silk and woollen cloth, new clothing, shoes, handbags, cameras, sunglasses, and so on. It's nothing but a con racket — Ghana has a massive black market system and obviously that's where all these things end up. Believe me, I've seen it — I was there years ago. These bogus requests for pen pals are big business in Ghana. Note that not one gives you a residential address and all requests are styled the same — obviously by the same person, using aliases, and photos of other people to lead you to believe otherwise. Don't be sucked in.

Jon Keppel
PEACEFUL BAY 6333.

It's a shame that a few such grasping people are spoiling things for the majority of sincere writers who simply want to improve their English and learn more about life in Australia. Jon is right to advise caution, but don't let suspicion obscure the genuine requests for friendship.

Dear GR Friends,

British in origin and having spend 12 happy but oh-so-hot years in WA, we decided on a cooler climate to save our sanity and set off last November in our campervan complete with kids, motorbikes and assorted indispensables for TASMANIA. We were assured that if the cold didn't get us, the unfriendly residents would. What rubbish! Our 25 acres in WA were featureless, hot, dusty and full of flies (but the people were great and I miss them). Our similarly-priced 26 acres here have spectacular views, permanent creek, fertile soil, 5 acres of bush and a better house, organic garden and orchard. Real estate is much cheaper.

The winter is cold, but nothing compared with Europe and the ever-changing weather patterns are a constant source of enjoyment. Tassie also has the world's most breathable air, fresh, clear and unpolluted. If you tread gently amongst old-established residents you will find them welcoming and helpful although as in any big move the loneliness can sometimes weigh heavy. Enter *Grass Roots!* Establish a handful of contacts before you make the big trip and you'll never feel completely alone (Hi Raiton!) The old-fashioned courtesy and friendliness here is like a time warp. So if we are 30 years out of date, give me more.

A couple of quick tips to end the letter. It is — I think — better to have 2 acres of fertile ground under control than 500 acres of overwhelming muddle that seemed 'a real bargain at the time'. Before buying any stock make sure you are set-up. This avoids lasso-ing halfgrown steers for want of a bail — yes, it really happened. Reading is no substitute for getting your hands dirty. And perhaps most importantly, don't forget to sit out there in the sunshine sometimes to watch the lambs play and enjoy your surroundings. For the first time in 12 years I am actually looking forward to spring and summer instead of dreading the searing heat. Good luck to everyone searching for/or working on their chosen patch.

Moira Wellman
PO LILYDALE 7268.

Feedback Link-Up Feedback

Dear Truth Seekers,

Fruitarians unite! We are two blissfully happy FRUITARIANS soon to be married. We have been fruitarians for 8 months after being vegetarians for 2 years. We have experienced enormous benefits from our diet already, and we are still undergoing a lot of cleansing, so the best is still to come! We would love to hear from other fruitarians, as so far we haven't met many. We would particularly like to hear from people in the Sunshine Coast area, as we love the area and will be honeymooning there in November/December. We would appreciate any information about good organic suppliers of fruit.

We believe that man's natural diet is fruit and herbs (Genesis 1:29) and what we have experienced confirms everything that we have read. The benefits which we have experienced are not only physical, but also mental and spiritual. In short, we have found it to be the most major step in the search for Truth. Anyone interested in researching the topic for themselves may find the following books useful starters: Ross Horne, *The New Health Revolution* (4th Ed), V. Kulvinshas, *Survival into Life in the 21st Century*, Prof. A. Ehret, *Mucusless Diet and Healing System*, Morris Krok, *Formula For Long Life*.

Most of these books can be obtained through the Natural Health Society of Australia, which has branches throughout Australia (non profit organisation). As we have discovered, 'The more you think you know, the more you'd better listen'. Please write if information required!!

Greg and Rowena Birtwistle
2C/294 Liverpool Rd
ENFIELD 2136.

Dear GR Folk,

It was great to read in GR 62 about WWOOF. I am a WWOOFer, having worked on Vic. and NSW farms last year. In November 87 I will be WWOOFing around Tas. For anyone considering becoming a WWOOFer, go ahead and do it. The hardest part is making that first step. It is easy to get caught in a rut and stay put. How rewarding it is to visit a farm and share your time, labour, experience and perhaps even wisdom.

Give it a go. Try a weekend at the closest WWOOF farm. You will be spending your holidays WWOOFing before long. If anyone would like to know more or would just like to write to this 20 year old city dwelling bushie, please put pen to paper. All letters answered.

Ian Lett
16 Sewell Ave
PADSTOW HEIGHTS 2211.

Dear GR,

I've just set out to do some TRAVELLING and I'm writing to find out if anyone (especially in SA, WA, or NT) would like some labour in exchange for keep. I'm 23 years old, single and a smoker. I love playing guitar but I'm not carrying one on this trip so if you keep one around your place that would be great. Meeting different people is one of my favourite things to do and also I'd love to learn something about farming and building different types of dwellings. I've put my Vic address here and my parents will forward any mail to wherever I happen to be. Recently I have written to the WWOOF organisation but I figure there must be plenty of people who aren't involved with WWOOF who could use a hand, so please, give me a yell.

Tim Gustafson
129 First Ave
ROSEBUD 3939.

Dear Grass Roots Readers,

Could somebody please give me some advice for my DOG who is suffering from an ALLERGY TO GRASSES. The vet prescribes Prednisolone which works well but I don't want to give her these tablets for the rest of her life.

I have taken her off the tablets through winter in the hope that she may build up her own immunity. She still suffers rash outbreaks but the ones on her belly and armpits seem to respond quite well to tea tree treatments. The main problem is her mouth. When she eats grass, a few days later she starts to scratch her lips and gums. She will scratch till they bleed. She is 1½ years old and otherwise very happy and healthy.

The allergy seems to be a common problem. I'm hoping somebody has some ideas for me as springtime is near. All advice would be most appreciated by me and my dog.

L Levine
67A Woorarra Ave
ELANORA HEIGHTS 2101.

Dear Grass Roots,

We have recently purchased 115 acres of rugged northern rivers land, about 1500 feet up the ranges, right in the middle of the old gold fields. Our property consists of two very steep valleys and one very beautiful and reasonably flat plateau of around ten acres or so, now selectively cleared. The soil is fair to good. We have over a kilometre of permanent rugged and very beautiful creek as well, which will be supplying all our water requirements, all our mulch for our trees and gardens and hopefully our electricity needs as well. Maybe a little gold too. Who knows? The house is now under construction using mostly local timber and rock from around the plateau. Our windows and doors are all restored silky oak and cedar, which I have restored myself and if I may say so look magnificent, because that's my profession. I restore windows and doors. Hopefully when this house is completed it will be a traditional window and door showpiece. We thoroughly enjoy reading and discussing articles and issues in *Grass Roots*. As well it has given us inspiration and information on setting up and maintaining a self sufficient property. Many thanks.

Shane Walsh
31 White St
SOUTHPORT 4215.

Dear People,

Even though I have written to this writer about TOFU ice cream (Mary Allen, Nanunda) I'm sure other readers would like to know as well. By the way, in the Nutrition Column in Family Circle (Aug 87) the columnist says there is only 5 per cent Tofu in commercial Tofu ice cream. The name of the book I have found an inspiration is *Tofu - A New Way to Healthy Eating* by Linda Lee Barber and Junko Lampert (Century Publishing Ltd., ISBN 0-7127-9532-X).

CHOCOLATE FROZEN DESSERT

300 g (10 oz) tofu
3 tbsp salad oil
4 tbsp cocoa
92 g (3 oz) brown sugar
60 g (2 oz) butter or margarine
pinch salt
1 tsp vanilla essence

Blend all and put in freezer in a covered container for 4 hours or until mushy. Will keep about a month frozen. Flavour improves if left to thaw at room temperature for about ½ hour.

Julia May
38 Murray St
WAGGA WAGGA 2650.

Ki-ora,

I would like to offer B.J. Thomsen of Gladstone, a recipe, that may help their son B.J. Add 1 tspn of catnip leaves to 1 cup of boiling water, leave for 5 to 10 minutes, sweeten and cool to body temp., drink. Also good for colic, nervous system, irritation and to increase the menstrual and urine flow.

Now to Steve and Kristal of Tabulam: for DERMATITIS, use an onion poultice applied and left till cold, applications of either olive oil or witch hazel, natural yoghurt, aloe vera gel, extracted from the leaves, or an infusion of elder flower leaves.

Lastly to Julie Faithful of Narracian: for DANDRUFF. After shampooing, apply a dose of cider vinegar as a final rinse. Good luck everybody.

I met my boyfriend nearly 2 years ago and we lived together in the city for a short time, before we bought our 5 acres and a house. We're half surrounded by bush. I would like to opt out of this routine of going to work every day and do something for ourselves. We are starting to get it together slowly and plan to retire by 35 and build another pine-cedar-mud type house at the back of our five acres. We've a Rhodesian Ridgeback dog, a kitten, a 1½ winged pigeon, 2 budgies, a goat and soon a calf.

I'm very much into the natural things of life, love the beach, herbs, crafts, plants, sport and bushwalking. I have plans for MUDBRICK MOULDS, if anyone is interested. Also does anyone know of a natural way to keep WHITE ANTS and KANGAROOS at bay?

Emile and Tania
General Store
MUCHEA 6501.

ALTERNATIVES TO EVERYDAY EMPLOYMENT

Although most GR readers yearn to live in the country what stops many of them is the uncertainty associated with employment. If you are a teacher or a nurse you're almost assured of an income, however variable, but those with other skills may go hungry. What are your options then, what alternatives are open to you? Below a number of readers from different walks of life share their views and experiences on this vital subject.

HOME MADE JOBS

by Liz Watson, Stawell, Vic.

Most country dwellers trying to establish smallholdings can always use extra dollars. But the availability of either full or part-time work is especially limited in country areas. Craft work has often been pursued as a form of income by many trying to make a go of living on the land. But what about those of us who have absolutely no talent in that area? What options are open when we can't escape the need for cash, when jobs are scarce and the dole inadequate?

Self employment, whether for a liveable wage or a few extra dollars, has proved a viable alternative for many people who aim for self-sufficiency. A detailed study of your local area may reveal a need that is not being met or a resource that is not being utilised. This is what the people presented in the examples below did. While none can be said to have made their fortunes overnight, they have at least supplemented their income and retained their independence.

Margaret, a single mother, is a good example of what can be achieved with hard work and imagination. As her children got older she found that she needed more money for schooling and clothes but also had more free time. Margaret is an excellent cook and she often wondered why nobody had filled the gap she saw in her area between the expensive restaurants and the take-away 'greasies'. When a local shop came up for rent she took the plunge, borrowing money to set up her unique cafe. Margaret specialises in reasonably priced home cooking, using fresh, quality ingredients, often from her own garden. She also caters for all types of functions. Public demand has led her to expand into a variety of take-aways, including soups, casseroles, quiches, roasts, pies and deserts.

When David was retrenched he was unable to find other work and was on the dole for three months. While he had plenty of spare time to work on the farm there was no spare cash for materials or equipment. When a friend who was selling his car offered David the job of thoroughly cleaning it, inside and out, David got the idea of detailing cars to earn some spare cash. The demand was greater than he at first thought. He now details cars for four of the five motor traders in a nearby town and private owners who want an immaculate car to offer for sale. He earns more than his previous wage and can work flexible hours when seasonal farm work demands more time.

Anne and her husband Ron run a business that is profitable for them and provides the country people of their town with goods that are either not available locally or are sold at exorbitant prices. Anne and Ron make regular trips to

Melbourne in their old truck. Ron buys up lots at auction — anything from toys and used office furniture to ex-PMG bikes. They are then sold from Ron's storage shed at a price which covers his costs plus profit. Anne takes local orders and buys items of discount clothing direct from the manufacturers and sells them to country people who do not have the advantage of large department stores.

Peter only works part-time, at four jobs. He drives a country school bus mornings and afternoons and one of the town's taxis three nights a week. He also tendered successfully for a mail run which he does after the morning school bus. He has also invested in a truck and bins and runs a commercial, domestic, and garden rubbish removal system which is proving very successful.

Pat was kept busy at home with a toddler, animals and garden to care for. But the family was badly in need of extra cash. She was asked by a desperate acquaintance who was working full-time whether she would be interested in doing a few hours housework a week. Through word of mouth Pat now works a few hours each week for five working mothers. Pat averages \$120 per week for 15 hours work and does not have to pay a babysitter as she can take her daughter with her.

Kevin and Helen make extra money by selling second-hand building materials. It started when they tendered to demolish a couple of old buildings so that they could get materials to build their house. The leftovers were soon sold to friends and neighbours. A stream of requests for more, especially old bricks, doors and windows followed. They continued to demolish old buildings, setting aside part of their property, and later building a shed, for storage. They now plan to extend into secondhand and antique furniture which they will repair and restore before sale.

Brian applied unsuccessfully for numerous jobs in the area where he and his wife had established their small farm. The dole was enough to exist on but they were faced with the frustrating prospect of not being able to extend or develop the farm. Working neighbours often asked Brian to mow or slash grass on their properties during the summer. Using their equipment Brian established a regular routine and list of customers. He has now branched out, buying his own machinery. His regular clients now include caravan parks, pensioners, real estate agents, unit and flat dwellers, single mothers and other smallholders. He has also extended his service to include all types of gardening.

When John and his wife first moved to the country they

lived nextdoor to a retired shoemaker. On Saturday afternoons over a beer the old man taught John much about his trade. After the old man died and John was searching for ways to make extra money, he bought the machinery and tools from the shoemaker's widow and set up business. He is now the only person repairing shoes and leather goods within an 80 km radius. John is now extending into harness making, tent and annexe repairs, and making his own quality leather

Self employment has its drawbacks and disadvantages. While most of the people here began slowly and chose work that required little financing, finding the initial capital can be a problem, and risky if the venture fails. (C.E.S. offices have pamphlets available outlining the Government's loan scheme for unemployed people wishing to start their own business).

There may also be costs such as sickness and accident insurance, public liability, insurance of tools and equipment and the general costs involved in operating, (e.g. petrol). Other problems are bound to arise, such as provisional

taxation, council by-laws and regulations, coping with paperwork and the problem of accurate costing — so that you do actually make money! For people on the dole there may also be problems with the Department of Social Security. If you don't make enough to survive without the dole completely, the red tape becomes even more complicated and the financial rewards may be minimal.

It is best to 'test the water' and gather information and advice before diving in. In a society that cannot provide everyone with employment, and yet the need for money is unavoidable, creating our own jobs is perhaps the greatest form of self-sufficiency.

All the people mentioned have created employment for themselves where none previously existed. They saw a need that was not being satisfied and filled it with a quality product at competitive prices. They not only found a source of income, but did it in a way that blended with their chosen lifestyle.



CRAFT WORK

Getting In and Staying In



by Jim Timings, Christchurch, NZ.

Making it into the craft market is a cherished dream of many people, yet the transition to full-time craft worker is something very few people make successfully. While there are many sources of advice and instruction on how to do a great variety of craft work, advice on how to sell it is very hard to come by. Established craftspeople are reluctant to the point of being obstructive about where, how or to whom they sell their work.

In the Arts Centre of Christchurch (NZ) I work in one of seven open studios in a large workshop. In the vicinity there are about fifteen other craft workshops which all together provide full-time work for 70 or 80 craftspeople. There is during the summer a Saturday and Sunday Craft Market of up to 100 stalls and a number of resident craft organisations which provide for several hundred hobbyists and part-time craftspeople. I have noticed however, that despite a healthy exchange of opinions there is very little exchange of information on sales trends or figures.

To sell craft work you have to know what sells and to know what sells you have to sell craft work. To make it full-time you also have to sell at a price that will sustain you. The problem is easy — what about the solution?

You may already have a product or you may have a good idea for one. Test it. Are there comparable items on the market? Price? Can you compete with them? If you are confident on these points, so far so good. The item that sells most often is the item the market is best supplied with. It is popular. More questions. How many can you produce? How much will they cost you? How many will you sell each week? Most important, can you live on the proceeds? And the final question. How and where (and at what cost) do you get your work onto the market?

Resist the temptation to supply your work to other people who will sell it on your behalf and pay you a commission. This

is the most frustrating, loss prone and unreliable way to make a dollar ever devised. If people are capable of selling your work they should be confident enough to buy it from you. The best ways to sell are in craft markets, through cooperatives and best of all in your own workshop where both making and selling can be combined into a single economic activity. Have minimum production and sales targets and regular hours. When you have achieved all those then you can goof off.

Don't be a pursuer of grants, awards and big fat commissions. The publicity and the chance to play the famous craftspeople don't pay all that much to the few winners and steady work for appreciative people is a lot better paying and the money is regular.

While this kind of publicity is really not worth all that much, well placed and effective advertising can be helpful in putting your name into the right places. Packaging and presentation are a vital back up for a good product. Publicity and advertising will both stimulate your activity when things are quiet but their effect is usually short lived.

Now for some things not to do. While there is an advantage in producing the kind of things that are selling well, there is nothing to be gained by imitating or copying the work of craftspeople who sell well. Whatever effort you put into this is wasted. Don't produce articles that can be produced in quantity in a factory. There is little point in escaping from the factory situation if you are going to turn yourself into one. The best of some types of craft work are barely distinguishable from manufactured items and have to sell in competition with them. Craft work must look like craft work and either be something that can't be made in a factory or be better than anything that is.

Stay away from the craft work you find in magazines and books — they are invariably the kind of things anyone can make for themselves and don't have much value.

Despite my experience, I still find myself in situations where people selling poker worked wood, little frilly gingham bags and stuffed toys do quite well and I sell nothing. I now know enough to avoid craft fairs where people are charged admission or are basically sightseers looking for cheap entertainment — usually family groups with very little money to spare for expensive (to their way of thinking) craft work for which they really have no desire or use.

Trying to sell in a situation like this can be both disappointing and depressing. Craftspeople are easily prey to self doubts and lack of confidence and not even my years in the market are enough to ensure that I don't still suffer readily from both. If people are not able to afford your price look first at the kind of people you are trying to sell to and then take a hard look at your presentation and your product. Ignore the kind of person who says your work is not worth the price you are asking, they wouldn't buy it at any price. Craft workers, particularly successful ones, do something that many people would like to do and they are going to envy you. These people

can be both hurtful and destructive to your peace of mind but they go away and they are replaced by satisfied customers who are glad to pay what you ask.

Overall, full time craft work can be the most soul satisfying way there is of providing modestly and adequately for your needs and if you handle it right it can give you a lifestyle not available in any other way.

Jim Timings is a full-time craft worker, a traditional bone carver, with a studio in the Arts Centre of Christchurch, New Zealand. His work is well known in New Zealand particularly in the South Island and he is considered an authority on the type of work he does.

Some recent books of advice to those considering a career in craft, available from our book order section: *Spinning and Weaving*, Mary Beestou; *Jewellery*, Robin Stubbs; *Pottery*, Janet Mansfield. These books are part of the Support Yourself series, \$10.95 each. *Earning a Living in the Visual Arts and Crafts in Australia*, J Stokes, \$14.95. *Starting a Mini Business*, Nancy Olsen and Mary Elliott, \$8.95. Order from Night Owl Publishers, PO Box 764, Shepparton 3630. Please include postage with your order.

ESTABLISHING A HERB FARM

An Interesting and Challenging Venture

by Liz Sinnamon, Nambour, Qld.

Two years ago, I developed a pre-cancerous condition, together with a series of infections which moved around my body making life miserable and painful. I was quite ill, and orthodox medicine didn't seem to be the answer, as after many courses of anti-biotics, improvement was slight. During the time I was confined to bed, I began reading about the healing qualities of herbs, wholistic medicine and diet. I started a vegetarian diet, with lots of raw vegetables and fruits together with the fresh herbs I had always grown in my garden. During the two years prior to my illness, I had changed over completely to the organic system of growing vegetables as I was concerned about the overuse of pesticides for the production of commercially grown vegetables. I remember throwing out some beautiful broccoli which had tasted very strongly of pesticide. Unbeknown to me I had stumbled upon a method of treatment used by alternative medicine for cancer. After three months of the correct diet, my growth had disappeared, my infections cleared up, and I was on my way back to total health.

A supporting mother with two children, I was trying to make ends meet on a widow's pension and at the time of my illness was finding the going hard, with a large mortgage payment on my home, as well as other financial commitments and living expenses. One of the books I read during my illness suggested ways of making a living from growing herbs. It sounded promising, and growing culinary herbs seemed worthwhile, as I live fairly close to many holiday resort areas, which support many restaurants.

After contacting several major restaurants, who showed great interest in purchasing fresh culinary herbs, I planted 1400 parsley plants, 800 onion chives, sweet basil, lemon basil, rosemary, lemon thyme, sorrel, mint, sage, lemon balm, oregano, marjoram — all the major culinary herbs.



It took a great deal of time and effort, as I grew many of the herbs from seed which is very time consuming and slow, but I simply couldn't afford to purchase too many established plants. During this time I picked strawberries to raise capital. At long last the time arrived to start cutting, harvesting and selling my produce! I sent out price lists and availability lists to all the restaurants, together with my phone number and suggested days to ring in orders. I had envisaged establishing a 'run' where I could deliver to quite a number of restaurants in one area at the one time. I waited for the orders to roll in, but to my dismay and disappointment, not one order the first week, or the second. During the third week, I rang the restaurants myself, and received various replies, always in the negative, with excuses such as 'not busy enough', 'using dried herbs at the moment', 'chef not available' and so on. No

one told me that my prices were too high, and that there were already two or three ladies in the area selling herbs to restaurants at a very very low price. I contacted the Brisbane Market, but evidently their supplies of fresh herbs (from a large local farm) were kept to a minimum because of their short shelf life. I was told that it wouldn't be a viable operation to supply herbs to them.

Next I contacted local fruiterers who seemed fairly interested, but suggested I pack the herbs into a small plastic container (a mixture of parsley, mint, basil and chives) in order to extend shelf life. These I sold to them for less than half the price they were retailed for! Interest was good at first, as it was the Christmas season and many people purchased herbs for stuffings and extra festive cooking. But slowly sales began to fall off and orders were cancelled.

After careful thought, I realised that the retail market had failed for many reasons: my competition was mainly ladies who sold herbs as a hobby, and were not interested in obtaining reasonable prices; lack of attractive labels for the package (people buy on impulse and often on the attractiveness of the packaging); and most important of all, fresh herbs were new to the area (Sunshine Coast, Queensland) and many people didn't know how to use fresh herbs in cooking! One particular area (Noosa) showed the greatest interest, as many people from the southern states of Australia holiday there during most of the year.

During the last three months, I am at last starting to be successful. Firstly there is an endless demand for parsley, as

this is always popular; onion chives are much less in demand (I destroyed 400 chive plants); fresh sweet basil is in demand only in the more trendy areas, and the remaining less known culinary herbs are little used in their fresh state.

I now market a range of culinary herb products which I sell from markets in the area — herb vinegars, herbal moth bags, sachets, herbal teas, herbal tobacco, dried herbs, potpourri, ornamental herb bags, herbal bath bags, herb oils, ginger beer, and herbal jellies. I retail parsley in large quantities to a salad making company on a regular basis, and also produce and market potted herbs. I am slowly changing over to a very different type of business than the one I had first envisaged. It takes time for a business to build up, and without capital for advertising, time to become 'known' in an area.

As I only have a quarter acre of land, I now consider my venture as successful, as I only need to supplement my income, and do not want to employ personnel. I hope this story will assist readers interested in growing herbs to establish a business in their particular area. The secret is not to give up, just keep trying out different products and methods until you establish a regular market. I also supply medicinal and anti-cancer herbs and most important of all, love my work, I'm happy, work my own hours, and my products are only limited by my imagination.

For more information about her range of herbal products write to Liz Sinnamon, 22 Fairmeadow Rd, Nambour 4560.

COTTAGE CRAFT AND HOME BUSINESSES or Earn Money from Home

by Yvonne Cotten, Townsville, Qld.

For several years I have rented out the extra rooms in our rambling old houses to students. Personal reasons have forced me to cease this home business so I have been looking for an alternative income. I did send away for a mail order book about earning money from home. The book listed ideas but I didn't actually know of anyone who was doing these things. I couldn't see the results, so I decided to make my own list.

I discovered that in North Queensland many stay-at-home people in need of some money and job satisfaction create their own businesses or cottage industries. My notebook is now full of ideas based on observations of how people are using their homes and gardens imaginatively. For example, not only do people grow herbs and flowers for sale but some of them extend this idea by using the plants as ingredients for cosmetics and medicines. This is a cottage industry I find utterly fascinating. I feel that magic potions are being concocted.

The Secret Garden is the name of a business in which tropical perfumes such as Frangipani and Rainforest Mist were first blended and bottled in a Kuranda cottage in North Queensland. The business has now moved to Bellenden Ker. Presentation is an important part of this craft. Lyn Manttan, creator of the Secret Garden products, poured some of her

perfumes into miniature bottles, attached them to cords and sold them as pendants.

Although Lyn has written a book called *The Secrets of a Secret Garden* she doesn't actually reveal her exotic recipes; she said that if people were keen to start in the business they could find the basic recipes for perfumes and fragrant creams in books at the library and bookshops. I checked the library and she's right. You'd be surprised to discover how simple it is to make fragrant handcream. By experimenting, the average person could come up with new perfumes.

Craft people don't seem to have too many problems enticing Sunday drivers in their direction, especially if they live on an acre or two not far from the main highway. They give their location a name such as Waterfall Creek, or Falling Star Farm, or Wild Orchid Road, and they let the people see them at work whether it's gardening (in the cave behind the waterfall if possible) or weaving, potting or writing. Naturally, they have on display their craft items for sale. However, the quiet achievers who prefer a rainforest retreat to voluble visitors while they pen their poems or weave their webs must find other ways to sell their work. Once a week at the craft markets is obviously a fun way to do this, or a weekend roadside stall.

Some home-business people breed a variety of animals on

a small acreage and encourage parents to bring children on weekends. I know of a 'friendship farm' which consists of a couple of goats, one large pig, free-ranging bantams, and some turkeys. Many city children who visit the farm have seen domestic animals only on television. The Butterfly Farm on the Daintree river is a magical idea. I wish I could find another colourful creature just as small which would be as happy in captivity and as easy to care for and feed as these rambling bits of rainbow. The brilliant butterflies are 'caged' in a large garden of flowers, orchids and ponds, completely enclosed with shade cloth. Tourists can wander along the walkways or stand at the Birth Suite to watch a butterfly emerge from the chrysalis.

Larger farms, established over many years, can bring extra income from tourists too. Here in the tropical north between Townsville and Cairns, I have toured a coconut plantation, a lychee nut orchard, and a watermelon farm. Tourists are shown how the farm is operated (usually by one family), how the crop is harvested, packed, marketed, and if necessary, how it is eaten. The watermelon juice was popular, and the milk from green coconuts was a sweet surprise.

If you live in a small town off the beaten track your location could pose problems about how to create a business, but even if your home is extremely basic you can still work out some idea which will entice people to pay a couple of dollars to come through the front gate. About 100 kms from Townsville is an almost deserted gold town with about a dozen houses occupied. One enterprising family who live in a miner's cottage constructed of timber posts and corrugated

iron walls and iron roof, have opened their house to the public. On the verandah is a collection of historical items in a glass case. Other than this the house is a normal home for the people who occupy it. Buses stop twice a week and tourists are shown through the verandah and into one of the bedrooms which is furnished with the old-time iron bed with valance and canopy and the old fashioned dressing table. In the backyard the tourists can practise panning for gold.

After seeing this I made a note to start collecting something old, maybe old fashioned kitchen utensils, for possible public viewing sometime in the future. I would of course have to contact the tourist authorities to make them aware of my venture.

A woman who likes children and enjoys caring for them, can mind other people's children in her home for a fee. This is generally a private arrangement. An advertisement in the local paper will bring other mothers to your home. In a town or city you must abide by local planning and health rules, but generally these rules are not restrictive and are based on common sense.

One of the best ideas is to learn basic skills that you can take with you wherever you go. Then you can use your lounge, garage, or kitchen to give lessons in whatever skills you have. You could even fit a class of four people into a caravan for crochet lessons. I met a lady who does this. Our old style Queensland houses with wide verandahs are ideally designed for people to give lessons at home. Built on stilts, these houses also have a downstairs section which can be used as a drama studio or lecture room. Even if this ground floor area is not enclosed it usually has a concrete base. Add bamboo curtains, a few potted palms and frangipani leis and the scene is set.

I made a note of all the signs on the gates of private homes. One read 'Polynesian Dance Studio', another 'Health and Diet Lectures, Inquire within', and another 'Bush Honey sold here'. After due consideration, I decided that the sign on my gate should read 'Creative Writing Classes, Tuesdays 10 am, Wednesdays 7.30 pm'. I won't make a fortune, but I'll meet interesting people and earn some money as well as achieving job satisfaction.

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Having the Power Connected

by Doug Wynter, Franklin, Tas.

Just a few thoughts on something that often seems to be a concern — having the power connected. Perhaps I can best illustrate one point by going off on a tangent and referring to a study I saw some years ago — the details of it aren't important as you can do the sums yourself if you wish to. It estimated that if one added the hours spent behind the wheel of a relatively new motor vehicle to those spent earning the money to pay for the interest, depreciation, fuel, maintenance, insurance etc., and divided the total into the average yearly mileage, it was found that one could have covered the distance more quickly on foot.

Now, needless to say, there are numerous other reasons, psychological and social, for having a new car, but I would like to suggest that when it comes to basics it can be beneficial to analyse the need in terms of what is required and what offered. Take, for example, the comparison between washing by machine and washing in the traditional copper. It appears very convenient to dump everything into an electric washing machine, switch on, and forget, compared to lighting a fire under a copper, but the equation isn't that simple. The washing machine cuts into one's life in a roundabout way — time spent seeking, buying, repairing, replacing the machine, time spent paying for power, the initial connection, depreciation and so on, whereas the copper makes its demands directly.

Similarly with refrigeration, which is a constant charge on stored foodstuffs. Do people add in all the hidden charges while exulting over the saving on, for example, buying in bulk? There are other means of storing food which could mean extra time spent in the short-term, or even a dietary change. Power tools are quick and convenient, but hand tools are surprisingly efficient and precise: it's a comparison well worth making, though I think that one should give oneself a chance to become fit and effective with hand tools before pronouncing judgement.

The sort of power needed to run such things as radio/cassette, lights, TV is low-level, and mains power is not required. If you can arrange any sort of power source — wind, water, solar, steam, diesel or whatever — old batteries are cheap. Though they may not be able to muster the hundred or two amps of current needed to turn over a car motor, they may well put out the four or five amps you'd be demanding of them for years. Old constant potential rectifiers are very cheap, and will charge batteries from 240 volts. Diode type is recommended over selenium type, especially where humidity may be high.

It's a different lifestyle, getting away from high electrical consumption: no number of words can convey the difference, which involves adapting oneself to life's basics rather than interposing technology and industrial products. I use electricity and powered appliances still, but I try to continually resolve the equations involved as the values in them change.

In case anyone is interested, my set-up for electricity is a 5 kVA alternator run by a 30 year old Lister motor. It needs to be started every 3-4 weeks to keep the batteries topped up, which takes about 5 or 6 hours running. In practice, they get

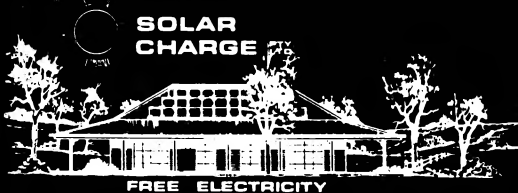
charged whenever it is started to do drilling, cutting, grinding, welding, or whatever, there's not a lot of starting the generator (with a crank-handle) just to charge the batteries. I seem to go through about 100 litres of diesel a year, and on present indications I expect it all to be still working well past the year 2000. If one is prepared to shop around and make the best of what one can get I'd say the total cost should be no more than \$1000 to \$1500. As with everything, if you're in a rush it costs more.

GAS POWERED VEHICLES IN BRITAIN

A conversion kit for running a car on methane gas costs £500, but a further £10,000 needs to be spent on a gas compression plant to treat methane produced by farm and industrial digesters. One such compression plant is already in use compressing surplus gas from an abattoir digester to run vehicles. A cylinder of gas gives the car a range of about 160 km (100 miles). The conversion kit includes a dashboard switch so that the car can be run on either gas or petrol.

(Farm Gas, Industrial Estate, Bishops Castle, Salop, England, SY9 5AQ.)

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A Gentle System of Healing

by Rodney Blackhirst, Castlemaine, Vic.

Although homoeopathy today is experiencing a world-wide resurgence of interest and acceptance, in Australia it seems there is no clear public notion of what homoeopathy is, how it works and how it differs from such natural healing methods as naturopathy and herbalism. This is so even amongst patrons of natural medicine — homoeopathy seems one of the least favoured and least understood modalities. This is regrettable since homoeopathy is one of the easiest, safest and most effective methods of treating a wide range of ailments and for coping with many first-aid situations. By definition homoeopathic medicines are gentle and non-toxic and work by stimulating the recuperative powers of the body rather than by bypassing the body's innate healing processes. This is not always true with either herbalism or vitamin-mineral therapy.

HISTORY OF HOMOEOPATHY

Modern homoeopathy goes back to the late eighteenth century and since then a vast literature has gathered around what is, in essence, a very simple principle — the Law of Similars — the observation that like may cure like! The man who re-discovered this principle (since it was known to both the ancient Greeks and Indians) was Samuel Hahnemann, a German chemist and physician. He discovered in 1789 when experimenting with *Cinchona officinalis* (Peruvian bark) that if a healthy person ingested the bark they would, as a result of the poisoning, begin to display symptoms very similar to those that characterise malaria. Thus Hahnemann decided that by virtue of this similarity Peruvian bark may act to cure malaria. He prepared a minute, diluted potentised dose of the drug according to a method of his own invention called 'dynamisation' and indeed found that this was so . . . the potentised dose of Peruvian bark would cure in the malaria patient the same symptoms it would cause in a healthy one. The cure was quick, gentle and permanent! There was no need for recourse to crude drugs or any other violent medical practices so prevalent in his day. The Law of Similitude is the curative principle that underlies the entire system of medicine that has grown around Hahnemann's pioneering work. Remedies are selected and act according to the degree of similarity existing between the patient's symptoms and the proven symptoms of a substance.

Deadly nightshade (belladonna) is a good example. If we ingest this poisonous plant we experience such symptoms as dilation of the pupils, flushed face, glaring eyes, excited mental state, dryness of mouth and throat. Thus, when we are confronted by a patient with these symptoms we administer a minute potentised dose of belladonna and effect the cure. Belladonna is, in fact, the most common remedy for scarlet fever. The poison of belladonna produces symptoms similar to those we find in scarlet fever. The remedy acts upon similarity once again!

HOMOEOPATHIC REMEDIES

Since diseases afflicting the human body are so multifarious and diverse homoeopathy utilises a huge number of remedies. In practice, however, conveniently few will suffice to cover most common complaints. A few of the more useful ones are listed below, but remember that you need trained advice on how to prepare and administer them.

Arnica (the herb)

This is a remedy for internal injury and bruising, it eases pain and speeds recovery from sprains, falls or sports injuries. Used in any condition where you ache and feel bruised or sore — influenza, for example.

Nux Vomica (a poisonous nut)

The remedy for over-indulgences. The symptoms correspond to those of over-eating. It is useful for the nausea of hangover or travel sickness.

Dulcamara (the herb)

The 'wet remedy'. Complaints arising from getting wet and chilled. Coughs, colds etc., that are worse at night.

Apis Mel (the honey bee)

Stings and inflammations. Any condition that might remind you of a bee-sting (including a bee-sting itself). To relieve burning, stinging pains with puffy swelling. For example, abscesses and sore throats.

Ledum

Essential around the farm or garden. It is used for stabs or puncture wounds from sharp pointed objects or from animal/insect bites. It facilitates healing, reduces pain and prevents tetanus or other serious complications.

Cantharis

To relieve burns and scalds.

These are but a few of the remedies that, if used with understanding, can effect surprisingly rapid cures. There are no side effects.

Two hundred years of practical experience makes up modern homoeopathy. In Europe it is perhaps the most respected and patronised of all natural therapies. It has an outstanding record in the treatment of all common complaints and many conditions for which orthodox medicine has no satisfactory answers — arthritis, cancer, asthma, hay-fever and so on. As well it presents great potential for the treatment of animal and plant diseases. Hopefully in the future those of us in Australia interested in natural healing will pay more attention to this simple and gentle system of medicine.

Information and Supplies

The best book I've yet seen on the everyday uses of homoeopathics is called *Homoeopathic Remedies for Physicians, Laymen and Therapists*, by Anderson, Buegel and Chemin, three American doctors (Published

by the Himalayan International Institute, approx. \$4.95 when I got my copy some years ago). It is clear, concise and an essential reference for the home prescriber. It gives good information on treatment with biochemic cell salts (which are, in fact, homoeopathic medicines), as well as standard remedies.

Medicines themselves are available from several places in Australia, notably Australian Centre for Homoeopathy, PO Box 234, Tanunda 5352, and Martin and Pleasance, 26 Northumberland St, Collingwood 3066. (A few of the more adventurous chemist stores are stocking some remedies these days also). Reasonably priced first-aid kits are available. They have everything you need.

TISSUE SALTS — WONDER TREATMENT

by Helen Chevallier.

I'd like to recommend the Schussler Bio-chemic Tissue Salts to goat keepers. No.4, for instance, is amazing when first aid is needed. I used it recently to treat a dislocated knee, within two weeks it was as if the accident had never happened. A friend who crushed his hand in a car door felt the treatment, which included arnica tincture and Bach Flower Rescue, made a marked difference in recuperation time. No. 4 has also helped arrest the flu. My cat is recovering rapidly from a sprained leg thanks to this treatment.

I am so impressed with the tissue salts that I intend to use them more extensively. It is a question of knowing how and when to administer them to animals.

The Biochemic Handbook is available in health food shops along with the tissue salts. For goats, dose the same rate as for people. Some brands, 'New Era' for example, dissolve well, making it easier to administer: syringe into the mouth, sprinkle over the food or put in drinking water if changed regularly.

If you think your animals have been sampling the tanzanized posts and are suffering liver damage from the arsenic, No.11 (the liver detoxifier) is the one to use.

Calc. Phos (No.2) is recommended for pregnancy and for young ones; Silica (No.12) for bones, teeth, hair, skin and getting rid of foreign bodies and pus and the breaking down of urinary calcii. Although No.2 (Calc. Phos) is the one recommended for scouring, I think No.4 can often also help.

I like the cell salts because they seem to be so gentle and wholistic. Chemical drugs are potentially dangerous and don't always work. I first began to use the cell salts after the vets had given up on one of my goats and I achieved a gratifying success.

The following treatment works quite well in an emergency:

1 tsp baking soda

1 tsp salt

6 Ferr. Phos tablets (or 1 tsp powder).

Dissolve in ½ pint warm water and administer at frequent intervals, as appropriate.

If you have a problem with urinary calcii in bucks, try this:

1 tsp No. 5 cell salts

1 tsp No. 12 cell salts

Dissolve in a bucket of water (to be finished in a day). Treat 3-4 times a week. Stop for about 2 weeks then repeat.

Reprinted from *Dairy Goat News* September 1985, NZ Dairy Goat Breeders Assoc, RD1, Raglan, New Zealand.

USING RECLAIMED WATER

Reclaiming some of our waste water makes a lot of sense. However, care must be taken when choosing cleaning aids. Most contain sodium salts, which can be harmful if they build up in your soil. In general, it's best to use soaps rather than detergents, and avoid soaps that contain lanolin or perfume. If you must use detergents, avoid those that promise to soften your wash. Chances are they contain larger amounts of sodium. Moderate use of ammonia won't hurt, but skip the bleach if you can. And be warned that cleaners which contain boron can harm your plants.

Grease can be a headache too, clogging pipes and filters. Scraping pots and pans into the garbage before you wash them will help, but you'll probably need to install some sort of grease trap in the sink to collect what you miss.

When using greywater in the garden, apply it directly to the soil rather than spraying the plants themselves. The soil is much better at filtering and absorbing impurities than the leaves. Continued use of greywater may raise your soil's pH level, due to a build-up of sodium. Have the soil tested yearly, and if the pH is 7.5 or higher, lower it by adding compost, oak leaves, pine needles or peat moss.

Reprinted from July 1983 newsletter of the Self-Sufficiency Society, C/- Burnley Horticultural College, Swan St, Burnley 3121.

CLEANING WINDOWS

A wad of newspaper is still the most effective window cleaning weapon. Dip in a solution of one part vinegar to three parts water, and rub over dirty windows.



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How To Build Your Own 12V Power Station

by Rob Harle, Wyee, NSW.

This article outlines how to build a simple, reliable 12 volt generating set for charging house batteries. The project is well within the capabilities of any handyperson.

The hassle of flat batteries and relying on friends or neighbours to charge your batteries will be a thing of the past if you can build yourself this very cheap generating set. The cost, somewhere between nothing and about \$100, depends on your scrounging ability. My set (figure 1) cost \$25 to build, and consists of a lawnmower motor driving a car alternator. Running the set for three quarters of an hour every two or three days keeps our two house batteries (secondhand car batteries) fully charged. The set can be used as a back up to solar or wind power systems or as the sole charging source.

EQUIPMENT NEEDED

To build the system you need:

- some type of base to mount the bits on
- car alternator
- 10 mm ($\frac{3}{8}$ in) thick steel 'L' shaped bracket (to mount motor)
- 75 or 100 mm (3 or 4 in) V belt pulley
- matching V belt
- lawnmower motor (old Victas are perfect)

If you scrounge all the bits and have access to a welder and drill you'll be able to build the set for nothing. If you don't know which end of a screwdriver is which, you'll have to get a friend or garage mechanic to do the small amount of welding and drilling required.

CONSTRUCTION

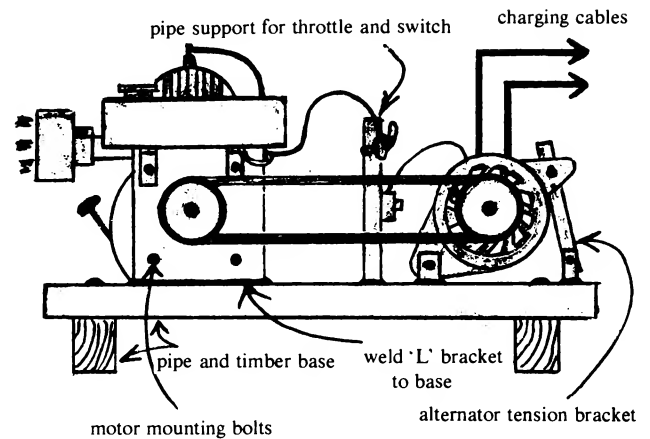
For the base I used two old towbars. Cut them to the required length, then bolt them to two pieces of 75 x 125 mm (3 x 5 in) hardwood with coach screws. The main reason for the wood is to add weight and stability so the set won't walk around the paddock because of vibration. I arranged the tow bar so the goose neck bracket was in the right position to bolt the alternator bracket straight on. Anything can be used instead of towbars — pipe, channel or angle iron.

Next I made a cardboard template of the L shaped bracket. You have to measure the centres of the motor mounting studs and allow a clearance hole (about 65 mm/ $2\frac{1}{2}$ in) for the motor shaft (figure 2). A friend made the bracket and I paid him with a couple of bottles of home made beer. He swore it was the last foreign order he'd ever do for me.

I welded the bracket to the two pipes (towbars remember, pay attention) and a short piece of steel at the other end to secure the pipes. The motor then bolted straight onto the bracket. Because the motor is now mounted vertically you have to be able to turn the carburettor to the vertical position, this is only possible with early model mowers, so check this before obtaining your motor.

Large hardware stores sell a wide range of pulleys, you need one that has an outside diameter of 75 or 100 mm (3 or 4 in) with a hole in the centre to fit your motor shaft snugly,

Fig. 1. Home-made generating set.

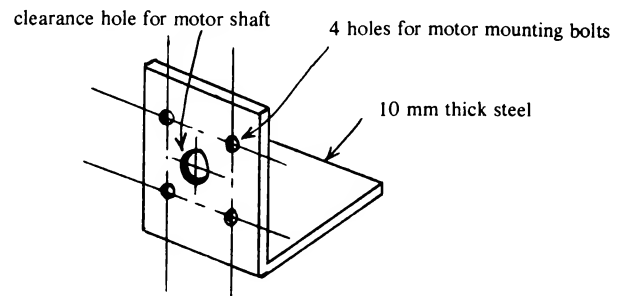


probably 12 mm ($\frac{1}{2}$ in). Drill a shallow countersunk hole in the shaft to accept the grub screw of the pulley. When buying your pulley get a matching V belt. You will have already measured the length of the belt required, allowing a little for adjustment. The alternator pulley must line up with the engine pulley, a minor adjustment facility can be made by filing slots in the alternator mounting bracket. When procuring your alternator remember to get the mounting bracket and the tension adjustment bracket.

Finally, a short pipe can be bolted somewhere convenient on which to mount the throttle lever, also remember to install the air supply tube to the carb.

The physical arrangement of the various bits needs a little forethought. The exhaust should point away from the set, you must have a clear pull of the starter rope and the cables must be clear of the rotating parts. Depending on the type of fuel tank that comes with the motor you may have to make up a special bracket, this should be located above the carb and away from the exhaust.

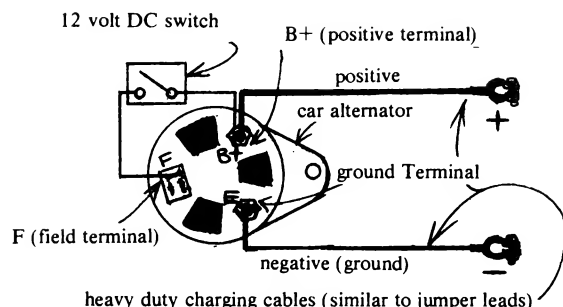
Fig. 2. Mounting bracket.



ABOUT ALTERNATORS

You can obtain an alternator from any car wrecker for about \$30. It doesn't matter what sort of car it came off, although the larger car motors and trucks have higher output alternators. I

Fig. 3. Wiring on alternator.



believe an old car generator will work satisfactorily but doesn't put out as much power, needs to run at higher revs, and needs to be used with the voltage regulator. With our simple set (using an alternator) we do away with the voltage regulator. This means the alternator puts out full power all the time. If you run the set for two or three hours you will 'cook' your battery. One hour maximum. When doing away with the regulator you must attach a wire from the F (field) terminal to the B+ (positive) terminal on the back of the alternator (figure 3), so the field windings of the alternator become 'excited'. In this field to positive wire you must place a switch. When the alternator is hooked up to the battery it becomes 'alive' and creates an incredible amount of magnetic drag, so much so that you can't start the motor. The pull cord just won't turn it over fast enough. So have the field switch off to start the motor then when running at normal speed, switch on and adjust throttle to new load conditions.

Do not run the set without it being attached to a battery. Do not charge your house batteries while they are still connected to the house (it may damage sensitive equipment). Alternators can be driven clockwise or counterclockwise. You can add an ammeter and voltmeter if you feel extravagant. If charging a flat car battery disconnect battery from car whilst charging.

In the next issue, Rob Harle will provide more information on choice of batteries and motors, suggest a simpler version of his system and outline essential safety precautions.

WATERCRESS

You do not need a pond or watercourse to grow this wonder food. During the WA winters, it will grow quite well in the garden-bed, as long as there is a good supply of iron. Rusty nails will supply this adequately. It can also be grown in a bucket placed under a tap, where it can get fresh water every day. If you have a water leak from a tank, or similar, that is just the place! Watercress is a wonderful source of minerals and vitamins, without the drawback of oxalic acid.

Start the seeds where the cress is to grow, once the weather has cooled down and the rains have started. Some lime will be needed, so prepare the bed with dolomite and compost, and keep it moist at all times if there is little rain. Keep the cress cut and it will repay by supplying you with a nutritious crop of dark green, peppery leaves.

Reprinted from *The Organic Grower*, Vol. 8 No. 2, March 84.

SOLAR POWERED TOYS

Have you ever bought that 'special' toy for Christmas and watched with delight as your youngster opened it — only to find that batteries weren't included? Frustrating? Well with solar powered toys there is no possibility of that disappointment! Today, there are numerous solar powered articles available and not only for the kids!

How about a solar powered radio sun visor? This lightweight radio sunvisor eliminates the need for batteries. Power is stored in a rechargeable cell (placed on the visor) enabling the radio to play in the shade as well. Whether you're relaxing by the water, playing sport, fishing or working in the garden, the radio will keep you in touch with today's news and music — without the need for expensive batteries. As well as the sun visor radio, there is also a smaller 'clip on' solar radio available.

For the more industrious, 'solar-models' of helicopters, windmills and aeroplanes can be built from kits. On each of these, the propellers or rotors are turned by an electric motor which is powered by a solar cell, charged by the sunlight.

A do it yourself solar energy kit is also available. The kit comes with a booklet on solar energy, a solar cell and an electric motor which you can experiment with and attach to different units. Both of these activities can be made into enjoyable learning experiences for parents and children alike.

For more information on these and other uses of solar energy contact: Elizabeth Hauer, Victorian Solar Energy Council — (03) 654-4533.

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HANDY HOME HATCHERY

by Ross and Julie Hannaford, Pacific Palms, NSW.

A simple incubator can be made out of an old fridge or freezer for very little cost. The appliance need not be in working order, but it must have a good seal on the door.

On the lowest shelf put a 15 watt light globe connected to a power point outside the cabinet. Make sure for safety's sake that you earth the cabinet and don't spill any water on the light fitting. Putting the bulb at the bottom means that warm air is continually rising to maintain the correct temperature. In winter you may need a stronger globe — say 25 watt.

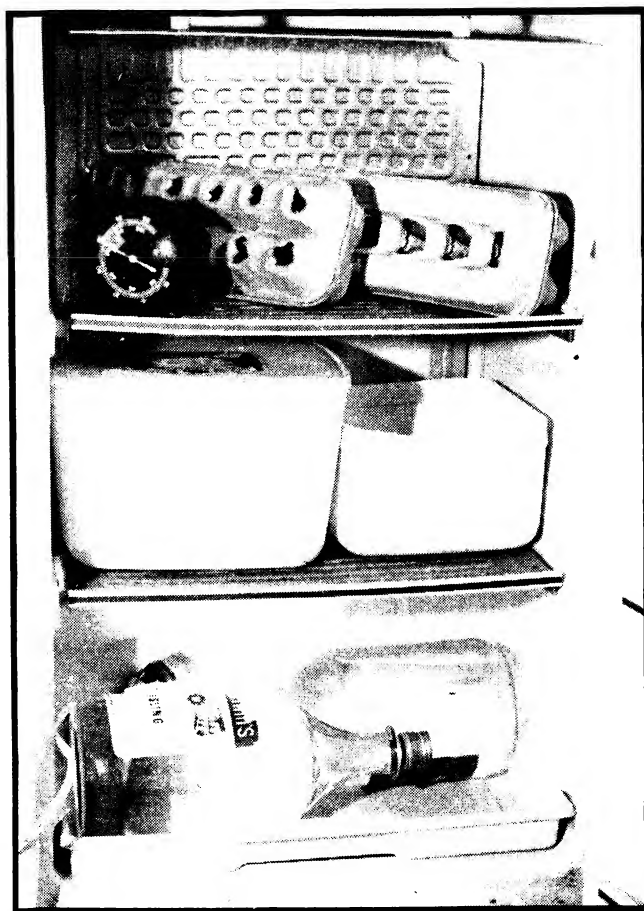
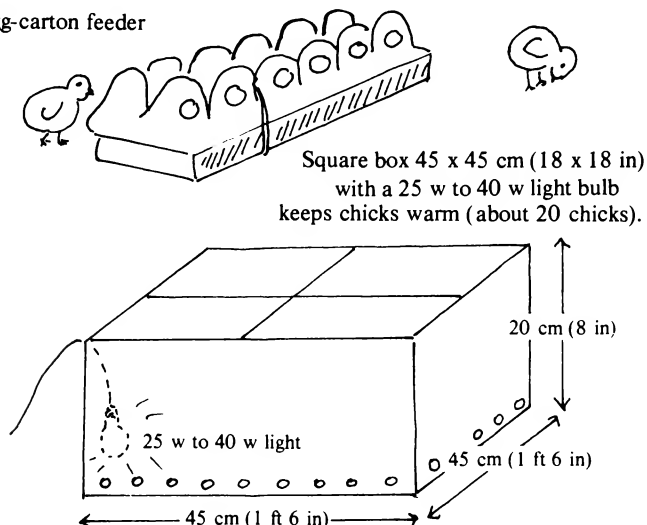
Also on the bottom shelf, put several wine flagons filled with lukewarm water — these are to keep the temperature steady. The best part of the whole process is emptying the flagons first! A couple of large icecream tubs of water on the next shelf also help to stabilise the temperature, and provide the necessary humidity.

You'll also need a thermometer — an ordinary room one will do, but check it against a medical thermometer to make sure it's accurate. When you've got all this set up, do a dummy run, without eggs, for a few days to make sure the temperature's right — aim to keep it steady on 38° C (100° F). You can adjust the temperature by filling some containers with warm or cold water, depending on whether you want to raise or lower it.

We find that the simplest way is to place the eggs in ordinary egg cartons that have holes punched in them. This gives a good air flow and they're easy to turn, which must be done twice a day. Two days before they're due to hatch, take the eggs out of the cartons and put them in shoe boxes or something similar. This gives the chicks room to move when they emerge from the shell.

At this stage you should change to a 25 watt globe, to keep up the temperature while you're opening the door frequently to check on the hatchings. But be careful that you don't cook the chooks with the bigger bulb. Check them 3-4 hourly to make sure all is well. If the chicks are not out 12-15 hours after pipping, you can give a helping hand by taking the tops off the shells and letting them crawl out.

egg-carton feeder



Interior of incubator set up for hatching.

We've proved that this incubator works. The first time we tried it, 18 out of 24 eggs hatched successfully. The next hatching was 12 eggs but only 5 hatched and we think the problem was that the holes in the cartons closed up and the chicks suffocated in the shells. On realising the problem, we opened up the holes for the next 24 which were to hatch a week later and jackpot! 22 out of 24 hatched.

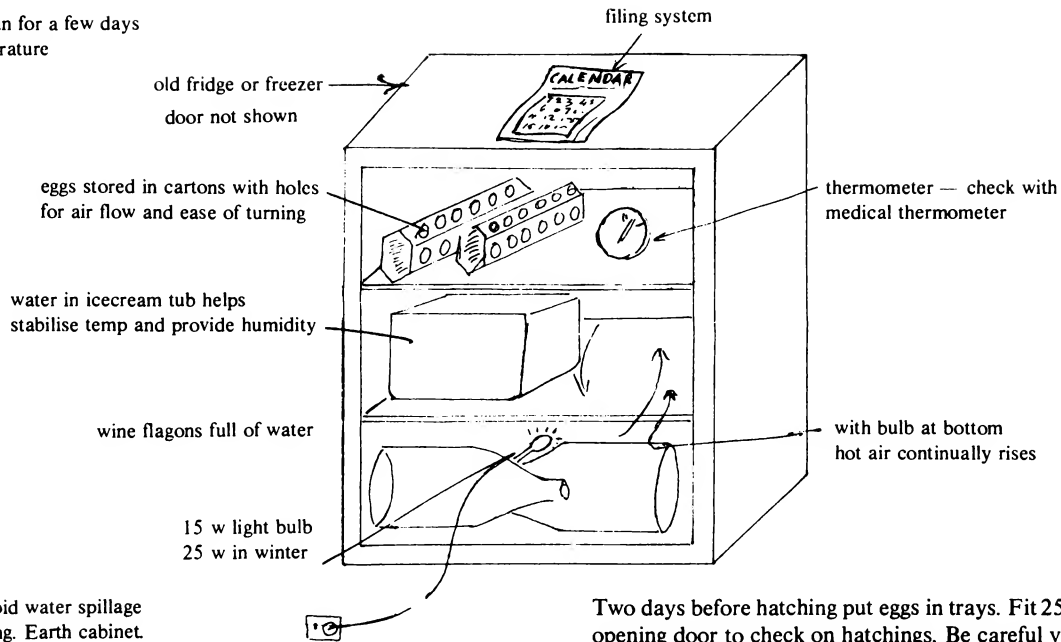
Don't forget to keep accurate records of when you put eggs into the incubator, how long it takes, how many hatch and so on. This way you'll learn from your mistakes — as we did! With practice, you'll know whether the eggs are going to get too hot or too cold overnight and adjust the temperature before you go to bed. Otherwise you tend to wake up screaming 'The eggs!' and gallop downstairs to open the incubator door and check. Remember not to make any sudden changes to the temperature, as this may kill eggs about to hatch.

We've successfully hatched quail as well as chook eggs, and found it to be a wonderful experience for the kids. We all learned from it.

Further helpful information on incubation is contained in earlier issues of *Grass Roots*: GR 22, p. 47; GR 39, p. 86; GR 57, p. 39.

Homemade incubator.

do a dummy run for a few days
to check temperature



Two days before hatching put eggs in trays. Fit 25 w bulb if you are opening door to check on hatchings. Be careful you don't cook the chooks with the bigger bulb. Check 3-4 hourly.

'The Possessory Title'

by Elise, Hillgrove, NSW.

Ask a suburban solicitor what this is, and he will 'er' and 'um' and reach for his law book, as will a few country ones as well. In fact we were new to it too, until the real estate agent quietly mentioned it had 'legal' problems.

To start with we had sold our 'safe' freehold titled one acre block and were risking \$6500 by venturing into this one, a secluded yet close to town 2 acre block whose value would substantially increase if only the title was 'clear'.

It all began when land was granted to a woman in 1867. Somehow she died without kin or just left the land for the city. Anyhow that is a mystery. So the title remained in this woman's name.

Possessory title means to take land by possession only. Theoretically you have no legal rights over it, and if any kin should want it there goes your money, plus any improvements. Now it's a different story if you have thirty years, sole or subsequent occupancy, the important thing is that there has to be sufficient evidence of that thirty years, like statutory declarations by previous owners/occupiers of the land. Fortunately we have over thirty years written evidence.

After this you go to the solicitor and make an application to the Lands-Title Office for a title adverse to the possessory title. If you have the evidence you can do it yourself, by getting the application from the Lands-Title Office. It costs \$105 to date, this is for advertising, transfers and so on. A solicitor who has done it before (like mine) will be able to help with the nitty gritty information, for an extra fee of \$150 onwards.

If all goes well and no kin intervenes, providing you have

sufficient evidence, change over of title takes three months, 35 days advertising in newspapers, and the other two months for transfers and all the legal details. Meanwhile you hold your breath and wait. We want to place a removed home on our land and council was very sceptical, as they regard the person whose name is on the title as owner, which is understandable. So I rushed off to the Lands-Title Office in Sydney for a written letter, so council would at least let me have a 3 months licence to place the house there, till the title was in my name.

By the way there are blocks in Hillgrove for \$300, nobody transfers them as they consider it not worth the money. If you are offered a property with this sort of title please be careful. We are fairly safe, as council already has searched for any kin and couldn't find any. Strangely enough, if rates are not paid for two years on these sorts of properties there is an auction and title, by law, has to be granted to the successful bidder. Why the previous 'owner' didn't do this is quite beyond me, although a property worth \$2,000 can sell for \$17,000, so I guess I can understand vaguely.

We may have overpaid by a few thousand, but the outcome will be well worth it. We bought a home by tender for \$300, it will cost \$1200 to be removed, including the labour for placing piers. This would bring the property automatically to a value of \$25,000; with a garden, new kitchen, carpet and a few minor improvements, value would rise again to \$45,000. So with fingers crossed and breath held we wait. Regards and good luck to those in the same situation, and remember the motto 'Buyers Beware'.

PENPALS

My name is Angela Terpstra. I'm eleven and my brother is fourteen. I would like a penpal about my age, either sex. My hobbies are sticker and stamp collecting and listening to music. I love animals and have my own dog.

18 Coongan St, GOLDSWORTHY 6723.

Hi, my name is Cherie Brown and I'm 14. My hobbies are horse riding, dogs, goats, reading and writing. I'm looking for a male or female penpal between 12 and 15. Will answer all letters.

6 Fourth Ave, BURNS BEACH 6028.

Greetings! I would like Australian penfriends aged from 26 to 38. I am 23, single and a trained teacher working as a secretary. I enjoy playing sports, disco, movies and collecting stamps.

Ma. Corazon N. Tan, 10 Gen. Echavez St, CEBU CITY, PHILIPPINES.

Hi! I am 12 years old, I would like a penpal between 8-12 years old from Africa, France, Western Australia or Tasmania. My hobbies are reading, story writing, T-ball, sailing and kayaking.

Joel Brooks, 5 Fraser St, QUEENSCLIFF 3225.

I am a 23 year old Filipino woman who would like a penpal — someone sincere and understanding. I like volleyball, softball and letter writing.

Carmelina Sarail, L & L Designers Collection, Monda Subdivision, GEN. SANTOS CITY, PHILIPPINES.

I would like penfriends who share my interests. I am 38, married with a six year old son, Jason who would also love some penpals, girls or boys of any age. He loves animals, books, machines, making things and music. We both love the bush and the sea. I sketch, paint in oils, garden, walk, sew and cook.

Shirley Busuttill, 1 Kirrawee Dve, REDWOOD PARK 5097.

My name is Shirree O'Shea. I'm 16 years old and love all sports and most music. Would love to hear from anyone in Canada or anyone nearby aged between 15-18 years, male or female. Will answer all letters.

C/- PO, URALLA 2358.

I would like a penfriend — boy or girl from anywhere in Australia or overseas. I am eight and go to a Steiner school. I love collecting things especially stamps and coins, and like to cook and sew.

Jordana Mulder, 15 Nelson St, WALLSEND 2287.

G'day, my name is Rebecca Harriman. I'm 15 and would like to write to American guys aged from 14 to 19 years. I like writing, going to the beach, riding and especially going out with my mates.

13 Matumba Rd, BUFF POINT 2262.

I am male, 11 years old. I like cooking, gardening, postcards, instruments and the country. I would like a female penpal aged 10 to 12 from the Philippines, New Zealand or Tasmania.

Chris White, C/- PO Box 1308, MURRAY BRIDGE 5253.

Hi! I'm 10 years old and my name is Jaime Pryor. I would like to write to penpals 9-14 years old. My hobbies are horseriding, collecting stamps, stickers and transformer cards, playing basketball. I would prefer a female penpal that collects things.

7 Mylchrest St, MANUNDA 4870.

I am a 24 year old woman who likes country life, living in Melbourne, I enjoy bushwalking, driving and other outdoor things, as well as painting and knitting. I would like to make friends with others who share my interests.

Rebbecky, 4 McPherson St, RESERVOIR 3073.

I am a 58 year old grandmother. My hobbies include bush walking, gemstone fossicking, writing poetry and letters, rodeos, shows and country and western music. I would like to write to country people male or female any age.

Eileen Diefenbach, PS 1505, School Rd, BLI BLI 4560.

Hi, my name is Landas Jones. I'm an 11 year old girl. My hobbies include horse riding, playing the piano, listening to music and playing netball. I will write to either girls or boys around my age.

C/- PO, CLARENCE TOWN 2321.

My name is Louise Bucciarelli and I'm 13. I would like penpals, boys or girls between 11-15. My hobbies are reading, writing, netball and much more.

17 Oak Ave, BROWNS PLAINS 4118.

Hi, my name is Tim. I am 12 and enjoy music, stamp collecting, experimenting with inventions i.e. radio controlled robots etc. I have been on correspondence school for the past 2 years.

Tim Westhorpe, PO Box 696, LAKES ENTRANCE 3909.

Hi, my name is Amber Aylett. I'm 9 years old. I have a kitten. I like animals, popmusic and playing sports. I would like girl penpals preferably from Queensland or Victoria.

3B Armstrong Way, Withers, BUNBURY 6230.

My name is Aaron Lovatt and I am ten. My hobbies are stamp, shell, coin and rock collecting. I also like art, fishing and tennis. I would like a male or female penpal. Perhaps someone would like to swap stamps.

171 Evan St, MACKAY 4740.

Hello everyone! I am a 50 year old mother of a 12 year old son. My many interests include music, psychology, history, handcrafts, animals and herbs.

Marilyn Westhorpe, PO Box 696, LAKES ENTRANCE 3909.

G'day, my name is Bella and I am nearly 11 years old. I love horses and Boy George, Whitney Houston, Cyndi Lauper and Tom Cruise. I would like a penpal aged 11 to 20 and from Bali, Ghana or any other country.

Bella Szagmeister, Borganna Vale, COMBOYNE 2429.

My name is Tina Wilfert. I would love to have some penfriends, male or female, 16 or over, especially from overseas. I am 16 years old and I love music (especially 60's stuff), animals, reading, writing and sports.

5 Summit Crt, PARA HILLS 5096.

I am 12 and would like a penpal 11-13 years old. I enjoy collecting stamps, stickers, coins, pencils, rubbers and Garfield books. I also like reading, cooking and ice-skating.

Elessa Marendy, 154 Fulham Rd, GULLIVER 4812.

My name is Keryn Lovatt. I am 7 and I would like a girl penpal. My hobbies are swimming, ballet and drawing.

171 Evan St, MACKAY 4740.

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COTTAGE GARDENS

PART IV

by Megg Miller, Shepparton, Vic.

We continue this issue with more aromatic plants to add to your cottage garden. They vary from ground covers like pennyroyal and Corsican mint to tall woody shrubs like lads love and wormwood. The colours too of the plants vary — soft silver greys for restful corners of the garden and deep purple greens for moist shadowed areas. Some of these plants you will be familiar with, like lavender, one or two of the mints and perhaps lemon balm, but the selection also includes some of the lesser known varieties from these old favourites which are sure to bring you pleasure.

HERBS FOR COTTAGE GARDENS

Lemon Balm — *Melissa officinalis*

This lemon scented herb originated in the mountains of Southern Europe and was introduced into England early on where it quickly became established. It was a favourite strewing herb in Elizabethan times as well as being a popular tea with properties to 'soothe the nerves, comfort the heart and drive away melancholy'.

Like all herbs lemon balm enjoyed a number of colloquial names but the most enduring have been sweet, bee or Melissa (the Greek word for bee) balm, names indicative of its association with bees. In fact much folklore surrounds this association. It was said to be a plant highly valued by apiarists because it attracted bees to the garden and the leaves when rubbed over the hive kept them from straying or swarming.

An erect, much branched perennial, lemon balm grows up to 1 m (3 ft) high and has light green slightly hairy leaves and inconspicuous white flowers. It exudes a refreshing lemon fragrance and has an aromatic, almost bitter taste. It's a tough, hardy plant that does best in rich moist soil with sun or partial shade. Not unlike mint, it spreads rapidly (so may need growing in a container) and requires occasional cutting back to retain its bushy shape.

The leaves of lemon balm are suitable for both culinary and medicinal purposes. Containing soothing, carminative properties, it is ideal for people of sad or nervous disposition, and was traditionally used for inducing perspiration in those suffering colds or flu. Herbal tea can be made using either dried or fresh leaves, and allowed to steep a few minutes before drinking. A few drops of lemon juice and honey to taste may be added, and the drink taken either hot or cold. Sprigs of fresh leaves make a delightful addition to summer drinks and fruit salad or the leaves can be used in any dish that requires a lemon flavour — herb butters, sauces, stuffings or salads. Add the leaves at the last moment.

Lemon balm may be grown from seed, cuttings or root division. Once a plant is established it will self seed each year, though the seeds take quite a time to germinate. Mature plants need to be lifted and divided every five years to keep them under control. Divide in the autumn, breaking the plant up into a number of smaller ones and replant. For stronger growth use the outsides of the plant rather than the exhausted centre.

Artemisias

The artemisias are a bitter tasting, fascinating group of grey leaved plants of different size and foliage that combine aromatic, culinary and medicinal properties. They are an ancient family said to be named after the Greek goddess Artemis (Diana in Roman mythology) and referred to in the Bible as the bitter herbs the escaping Children of Israel flavoured their paschal lamb with.

No roomy herb or cottage garden is complete without one or more members of this family — their powdery grey appearance and pungent odour add unique qualities not duplicated by other plants. If space is at a premium think carefully about variety and position as they all grow into large bushes or shrubs.

Wormwood — *Artemisia absinthium*

During the Middle Ages pieces of bush were hung in rooms to prevent disease, rid the house of fleas and keep evil spirits away! There are a number of wormwoods available but the common one and one most frequently found growing around old farmhouses is True Wormwood (*A. absinthium*). A tall, wide bushy plant (mine are about 1.5 m/5 ft wide and high) with feathery soft grey leaves, it requires regular pruning and shaping to cut out dead wood and control growth. Many grow it on its own because it's said to exude a substance that inhibits the growth of other plants. It was used in earlier times for its medicinal properties — vermifuge, tonic and digestive — and is well known today for its contribution to absinth and vermouth.

Other varieties include Tree Wormwood (*A. arborescens*) which grows to a height of 1.5 m (5 ft) and Roman Wormwood (*A. pontica*) which is a finer leaved shrub with a milder aroma.

Southernwood — *Artemisia abrotanum*

Often called Lads Love or Old Man, it is a native of Southern Europe (whereas wormwood is native to England, Europe and Siberia) where it was used as a culinary as well as medicinal herb. It is a low bushy plant with woody branches bearing very finely divided, fernlike green leaves which give off a pungent smell when crushed. The smell is said to be unlike that of any other herb — and many people find it quite unpleasant. It is said to repel moths, insects and even bees, and the dried leaves form a major part of most herbal moth repellents.

Mugwort — *Artemisia vulgaris*

This was said to be so named because it was used as a substitute for hops in the manufacture of beer. It also enjoyed great popularity as a tea in England when China tea was prohibitive priced. It is a perennial like the other artemisias but unlike them it is a vigorous spreader. Of medium height, it has smooth dark green leaves with white down underneath. The plant medicinally was used as a diuretic, diaphoretic and emmenagogue. Many people still refer to it as a woman's herb.

Other Artemisias

There are many other varieties available — there are said to

be over 180 species in the family — the most common being tarragon (*A. dracunculus*), both the French and Russian and known for their culinary impact, *A. nitidus*, a soft, silver fast growing ground cover, and *A. stelleriana* also called Old Woman and Dusty Miller.

All artemisias are hardy plants that can withstand our hot dry summers. Propagation is best done by cuttings or root division in spring.

Mints

While most people are familiar with the common garden mint and may even keep peppermint and pennyroyal, few have had the pleasure of meeting some of the more exotic members of the mentha family. All mints like shade and a rich, moist soil, a legacy apparently from the days when Persephone, the wife of the Greek god Pluto, turned the beautiful young nymph Menthe into a herb and banished her to the shadows because of Pluto's interest in her.

Peppermint — *Mentha piperita*

Actually there are two peppermints, but it is the black peppermint (*M. piperita*) that is THE one for the teapot. Stems and leaves have a purplish undertone and rich fragrance, and flowers are a pretty pale violet. White peppermint (*M. piperita* var *officinalis*) is a little less hardy, and has a more delicate aroma than the black. Stems are green and the leaves similarly coloured with course serrations around the edges. Peppermint tea is a traditional remedy for colds and flu, upset stomachs and headaches.

Pennyroyal — *Mentha pulegium*

This species of mint has a wonderful reputation for driving away fleas and was a favourite medicinal herb in earlier times. It was taken to purify the blood, as a carminative, diaphoretic, and as a remedy for colds and menstrual problems. Pennyroyal is one of the smallest of the mints and is quite different in its growing habits from any others. It is prostrate and branching with small glossy oval leaves and makes an ideal ground cover in moist areas. Use leaves or oil to control fleas on cats and dogs.

Eau-De-Cologne Mint — *Mentha piperita* var *citrata*

The name is an apt description and it is one of the strongest smelling of the mints. Use it for potpourri, for herbal baths or rub on the temples in hot weather for a refreshing lift.

Corsican Mint — *Mentha requienii*

This is my favourite mint although it doesn't do well in the drier parts of Australia. It is a tiny-leafed ground cover that looks superb amongst paving stones or grown as a herbal seat. Grow in damp places, and use a sprig or two with new peas and potatoes.

Woolly Mint

Although reasonably rare, this furry grey-green mint is an attractive addition to the garden and balances out some of the strong colours.

Curly Mint — *Mentha spicata* var *crispata*

A form of spearmint or common mint that has unusual crinkly leaves. Ideal garnish for summer drinks and salads.

There are also a number of mints with rich, fruity flavours which are worth seeking out if you have the space in your garden — pineapple, ginger, lemon, orange and apple — with some available in a variegated form.

Mints are easiest propagated by layering or root division, however because they have an invasive nature you may prefer to contain them in large tubs or pots. Grow in light, moderately rich soil in shade or partial shade. Trim bushes back regularly to retain shape.

Lavenders

Lavender's blue diddle diddle, lavender's green. Yes, the bushes come in blue and green and grey colouring, and the flower spikes in shades of lavender, purple, blue, pink, white and cream. Lavender is one of the oldest known fragrant herbs and in early times was used as a symbol of cleanliness and health. It was also reputed to be a preserver of virtue, and was said to be one of the plants loved by the Virgin Mary. It was a popular strewing herb in Elizabethan times, and was and still is placed amongst linen and clothes to keep moths away. It was also sought after for its tranquillising effect; the scent will calm troubled nerves and depressed spirits and a tea made from the leaves and flowers helps headaches, fainting, migraine and insomnia.

Of the many varieties of lavender available, the original Old English lavender (*Lavandula vera*) has the finest aroma, but you may be interested in adding other varieties to your garden, because of either their attractively coloured foliage or their pretty flower spikes.

Old English — *Lavandula vera*

This is the traditional lavender, a grey-leaved rounded bush with long spikes of lavender coloured flowers standing out all over like a pin cushion. It can be grown and shaped to form a low hedge but does need digging out and renewing every few years. *L. spica* is a closely related species with true lilac flowers and coarser broad leaves but is said to be less fragrant and less hardy than the true Old English lavender. Both flower in summer.

Green Lavender — *L. viridis*

A bright green plant that features tiny cream flowers. Unusual fragrance, said to be a lavender-rosemary-balsam combination.

Pink or Rosea Lavender — *L. angustifolia* var *nana rosea*
Silver grey foliage bearing fragrant pink flowers. A dwarf plant, it is ideal for borders.

Woolly Lavender — *L. dentata*

A grey green plant with lavender-purple flowers that bloom during the winter months. Leaves have square toothed edges and the flowers grow in short, blunt clusters.

Italian Lavender — *L. stoechas*

This is a stocky plant with short, narrow grey hairy leaves and purple flowers borne in a conelike cluster not unlike *L. dentata*. Flowers in early summer but the fragrance is not as intense as *L. vera*.

Grow lavenders in a sunny spot in well drained soil. Propagation usually from stem cuttings with a heel on the end, although seeds are usually successful. Prune bushes after flowering to keep neat and compact.

Finding the less common herbs can be difficult but check out nurseries in your area and ask if special plants can be ordered. Two sources of mail order herbs are The Fragrant Garden, Portsmouth Rd, Erina 2250 (Ph: 043-677-322) and Honeysuckle Cottage, Lot 35, Bowen Mt Rd, Bowen Mt 2753 (Ph: 045-721-345).

DONKEY POWER ON THE FARM

by Jenifer Simpson, Maleny, Qld., and Margaret Smith, NSW.



Using a set of harrows is light work and good training for you and your donkey.

If you need sympathetic help with some of those heavy jobs on your farm; if you dislike diesel fumes, noise and grease; if three point linkages and temperamental two-strokes drive you to distraction; then donkey power is the answer. Donkeys have been used through the ages from the dawn of civilization to the present day for cultivation and transportation. Their patient, placid temperaments, obvious enjoyment of human company and natural talent for pulling have been appreciated by many people in surprisingly diverse areas of the world.

Donkey power can be a very valuable asset on the small farm — especially today when people are becoming increasingly aware of the damage done to the environment by modern machinery. Although it is probably too much to ask the donkey to break up a virgin paddock, he can greatly reduce the work of those of us who prefer to lead a life of self-sufficiency. He can make a significant contribution to the working up of small cultivations. Ploughs, harrows, cultivators, seeders, chain harrows, scufflers, all these and many more can be powered by a donkey. In addition a donkey can pull a cart or a sledge to move feed or firewood around the farm and tow fence posts to places that a tractor could never reach. Donkey implements are easy to hitch, very manoeuvrable and there is no compaction of the soil from a two tonne monster. Wheel ruts are a thing of the past.

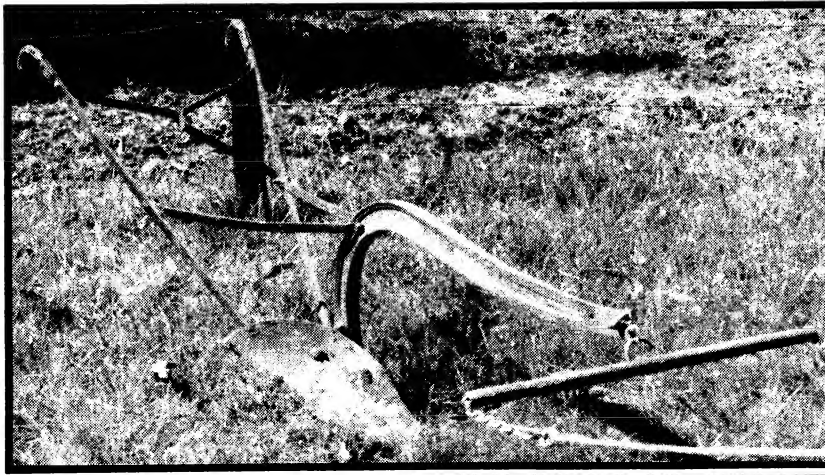
Avid hunters of clearing sales should be able to find antique pony-sized implements, previously used in orchards and market gardens, which are ideal for a donkey to handle. Quite often at these sales it is possible to discover an original treasure whose potential for use is unrecognised by the

unconverted, and buy it at a bargain price. As you gain experience you have the added interest of learning to recognise the age and finer points of each type of implement. And of course, the actual bidding for the object of your attention is always very exciting. With a bit of ingenuity, even the more neglected implements can be restored to their former usefulness. It is possible to make these implements too. Enthusiastic amateur blacksmiths can make them up without too much difficulty from a drawing or photo. For a source of these see our recommended reading at the end of this article.

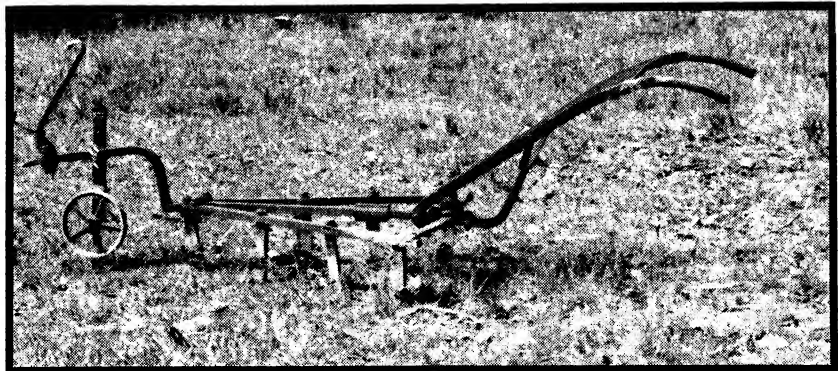
The donkey chosen to help you should be well-built for the task. He should have a broad chest, a short strong back, well-developed hindquarters and move freely and willingly. The overall impression of strength of the animal is more important than its size. The donkey should be trained to voice commands and must gently be accustomed to being followed by all manner of strange devices and noises. Training can be started when the donkey is quite young but he will not be sufficiently developed for hard work until he is at least four years old. Working donkeys require extra feed. The amount of work expected of them should be increased gradually so that they are well conditioned and fit. Donkey feet need to be kept well shaped and healthy.

Harness for your donkey can be purchased from your saddler, although this will be expensive. It is quite possible and more satisfying to make your own set of working harness. Leather or webbing, firehose for the breast plate and chain for the traces can all be used in your homemade harness. The harness required is:

1) Bridle — remember that the donkey has a broader



Mouldboard plough hitched to swingle bar ready to furrow the soil.



Cultivator built around the turn of the century and purchased in working order for \$30.

forehead than a horse and will need a longer browband. You will also need extra long reins.

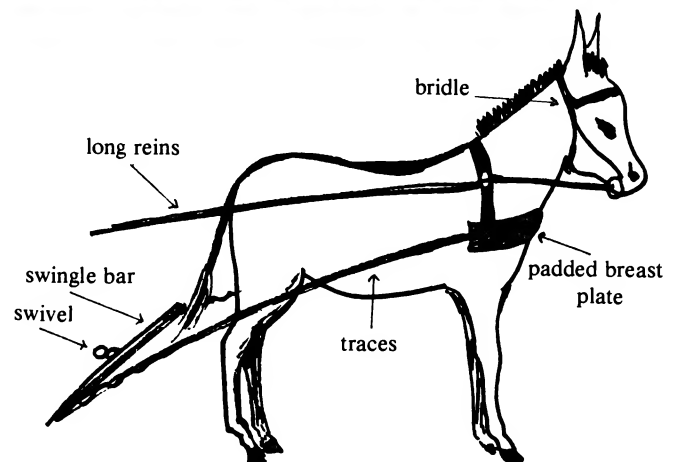
2) Breast plate or Collar — The donkey pulls from either a breast plate or a collar. The breast plate should be padded and be about 7.5 cm (3 in) wide, carefully adjusted so that it is high enough to allow free movement of the front legs but not so high that it presses on the windpipe. For heavy work, a collar is recommended as it distributes the load evenly on the donkey's shoulders. Collars must fit perfectly and are not so easy to come by. It is preferable to use a breast plate rather than an ill-fitting collar.

3) Traces — run from the breast plate to the swingle bar on the implement. They will inevitably touch the donkey's sides and hind legs so they should be soft enough to avoid discomfort to the donkey. If you are using chain traces they should be covered to prevent chafe.

For working harness, ability to withstand wear and tear, comfort and fit are more important than appearance. When working with your donkey check frequently that there are no rubbed or chafed areas.

It is essential to use a swingle bar which connects the end of the traces to the implement that you are using. This keeps the traces apart and provides a single attachment point to the implement. A simple swingle bar is very easy to make from a 75 cm (30 in) length of pipe with a chain running through it. A swivel should be welded in the centre for attachment to the implements — vital for towing logs in case they roll over.

We suggest that you and your donkey start with a sledge so that you can give your full attention to the donkey until he gets used to what is expected of him. You can lead him if you think that he needs reassurance. You can then graduate to a



more demanding implement where you have to control the implement as well as the donkey. At first this may appear difficult — but persevere — you will soon get the hang of it and be proud of your achievement. It won't be as much as a tractor could do in a day, but you will gain the satisfaction of knowing that you have done it without disturbing or polluting your environment.

Further information

Australian Donkey Breed Society: Federal Secretary, 'Warrawurra,' Bushells Ridge Rd. Wyee 2259.

Donkey Business, Donkey Driving, V. and R. Ellis and J. Claxton, J.A. Allen, London. C. Berry and J. Robinson, Broomtail.

Harness and Horse Drawn Farm Implements, Stephen R. Dobell-Brown, The Dene Bindery, NSW.

To Own A Donkey, J.M. Simpson, Angus and Robertson.

Starting off with Bees

PART II

by Brian Brett, Londonderry, NSW.

In Part I Brian looked at the pros and cons of beekeeping, hives and how to choose one, obtaining bees, honey production and the role of the queen.

HOW MANY HIVES?

The tendency is for the beginner to buy or build a single hive and stock it with bees. However, there is a good case for having at least two hives right from the start. A hive by itself is vulnerable to mishaps. It's all you've got! If the queen should fail or be lost for any reason, possibly because of clumsiness on the part of the beekeeper, it may not be possible to requeen successfully and the colony could die out. If you have a second hive, the two can be combined, thus saving the situation. Bees and honey can be transferred between hives to strengthen a weak colony and the more hives you have, the greater your ability to maintain them in top condition. You will also get more honey! For these reasons I recommend that you start with two or three hives, with five as a maximum. Beekeeping should be fun. Five hives will be plenty for you to manage for the first season and with more than five the whole thing begins to look like a semi-commercial operation and the fun factor will diminish accordingly. Three hives will justify the purchase of a small hand or power-operated honey extractor, without which you will be restricted to using the comb honey as it comes from the hive. You could, of course, rent or borrow an extractor and for this reason alone it would be worthwhile to join your local bee club, which may have equipment available for loan. You will also receive much help and useful advice from members.

SOME HELPFUL SUGGESTIONS

To sum up, here are a few do's and don'ts for beginning beekeepers.

Do's

If stung, scrape off the sting with fingernail or edge of hive tool to stop the sting pumping more poison into you. Apply smoke to the area immediately to mask the odor of venom and discourage other bees from stinging.

Wear clean, light coloured clothing of cotton or synthetic material. Remove wrist watches, bracelets and rings. Always wear a bee veil to prevent stings in the eye or eardrum.

Tuck pants legs into boots or white cotton socks. Leggings, gaiters, rubber boots, cycle clips or straps with Velcro fastenings are alternatives for preventing bees from crawling up your legs. Use bee gloves at first to give confidence. They will soon be discarded as you gain experience but keep them handy.

Learn how to keep the smoker from going out. Get a good fire going in the bottom before adding more fuel. Use pine needles, wood shavings or dried bark as fuel. If the smoker becomes too hot, put in a handful of grass to cool the smoke.

Approach the hive from side or rear, keeping away from the bees' flight path as much as possible.

Work slowly, smoothly and boldly. Puff smoke across the entrance. Pry off the hive cover gently and drift smoke across

the tops of the frames. Lift out frames slowly without crushing bees. Manipulate colonies on sunny, calm and warm days between 10 a.m. and 4 p.m. when most of the older bees are out foraging. If possible, have an experienced beekeeper with you when you first inspect your bees. Learn how to recognise the early stages of brood disease. Colonies are often lost because the beginner does not know what to look for at spring and autumn inspections.

Leave the bees sufficient stores for winter. At least four frames of honey and pollen should be in the brood chamber, with very little usable brood space on the remaining combs.

Provide water for bees if none is available nearby. A tub of wet sand or a shallow trough with floats, such as corks or straw, can be located near the hive.

Don'ts

Don't grasp the sting to pull it out. This only makes matters worse. Avoid clothing made of animal products such as felt, wool or leather. Do not use odorous products such as perfume, hair spray, cologne, or shaving lotion. Avoid opening hive on cloudy days, during chilly, windy or rainy weather or at nightfall.

Do not site apiary in a low spot with poor air drainage, no wind break against prevailing winds, too much shade in winter or too much heat in summer. Avoid locating hives where they will be a nuisance to animals and people by virtue of the bees' flight pattern or use of a water source.

Don't enter the apiary without proper tools and equipment, such as hive tool, smoker, bee gloves and veil. Don't smoke the bees too strongly. Don't waste work time by looking for the queen each time you open the hive. The presence of eggs is evidence that she is there. If you want to see and watch the queen, set up an observation hive. Don't bump or jar the hive when working. Avoid vibrations, such as lawnmowers, close to the hive.

Don't inspect too often. Inspect in the spring when spring flowers are blooming and again in the autumn during the late nectar flow. Looking at every frame in the hive disrupts the bees for the rest of that day. Learn to judge the condition of the colony by the spread of the bees across the tops of the frames. You will learn most of what is going on inside by watching, listening and smelling your hive. Good luck!

The bee that hath honey in her mouth, hath a sting in her tail.
John Lyle, 'Euphues'

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Honey — Nature's Greatest Gift



by Carol Sycamnias, Canterbury, Vic.

Over the centuries people have turned to nature's products for their health giving qualities, secure in their knowledge of the great benefits to be obtained. Not only herbs, flowers and the bark of trees were acknowledged for their healing properties but also the honey bee and its remarkable gifts. The outstanding medicinal properties of honey and bee venom have been established through the experience of medicine and confirmed by research and clinical data. Thousands of people who had suffered from different diseases, owe their recovery to treatment with honey and bee venom.

ORIGINS

The eating of honey can be traced back to Paleolithic Times about 10-15000 years ago, as a scene on a rock painting in Spain depicts men climbing a cliff to collect honey from a nest. The Bible, papyrus scrolls and manuscripts tell of this mystical food. From the time of Hippocrates honey has been valued as a medicinal food, and ancient Russian manuscripts and medical books speak highly of it as a remedy.

To produce a kilogram of honey, a bee must bring from 120,000 to 150,000 loads of nectar home. Once in the hive the forager bee is met by house bees which receive the nectar. For some time the nectar is kept in the house bee's honey stomach, where it is further processed (the processing starts in the forager bee's honey stomach on the way from the field).

COMPOSITION

Since honey consists almost entirely of pure glucose and levulose, it is clear what an easily digestible food it is. In addition to simple sugars, bee honey contains a number of substances necessary for the cells, tissues and organs to function properly. Honey has been found to contain the following enzymes — diastase, invertase, catalase, peroxidase and lipase. Other constituents are calcium, sodium, potassium, magnesium, iron, chlorine, phosphorus, sulphur and iodine salts. A spectral analysis of buckwheat and polyfloral honey showed it contained salt of manganese, silicon, aluminium, boron, chromium, copper, lithium, nickel, lead, tin, titanium, zinc and osmium. In addition honey contains some organic acids (malic, tartaric, citric, lactic and oxalic), proteins, vitamins B2, B6, K, C, B3 (depending on the admixture of pollen), xanthophyll (a derivative of chlorophyll) and other substances. It has been established that when pollen is removed from honey by filtration, the honey loses almost all its vitamins. In the opinion of a famous Soviet ophthalmologist, honey contains biogenetic stimulants (substances increasing the activity of the body).

THERAPEUTIC USES

Honey is a potentially alkaline food and this is of tremendous importance in determining its nourishing and therapeutic properties. Darker honeys contain more mineral salts than lighter ones and therefore give higher alkaline values. The colour of honey (and consequently its mineral salts content) is proportionate to its potential alkalinity: so the therapeutic value of honey is further enhanced by its potential alkalinity

and this helps explain its beneficial effect in the treatment of gastro-enteric diseases accompanied by high acidity.

It was proved in 1908 by a French chemist that some kinds of honey contain radium. The therapeutic importance of radioactive honey is tremendous, especially in view of the use of radium in the treatment of malignant tumours. Honey also contains folic acid whose significance for a growing organism cannot be overestimated, since it improves the composition of the blood by increasing the number of erythrocytes and the haemoglobin content. Experiments conducted at the Botanical Gardens of Llou University have established that honey contains growth factors (bioses). Branches cut off trees and planted after treatment with a water solution of honey quickly took root and grew well.

It is dangerous to store honey in metal containers, because iron combines with the honey sugars, while zinc, combining with organic acids of honey, produces toxic substances. It is best kept in glass or earthenware.

Some diseases which may be treated with honey are those of the upper respiratory tract, lungs, heart, stomach and intestine, liver, nervous system, skin, eyes and many more. Honey is wonderful for burns. A few years ago I was frying kibbeh when they exploded in my face. I rushed for the honey jar and covered my face with honey. It stops that burning pain; I had red marks on my face for a couple of days, but soon no scars or marks were left at all. You can see what a complex substance honey is. There is still much to be learned about it. The hygroscopicity of honey gives it a great natural healing power, for disease and germs cannot thrive in its presence and are rapidly destroyed as it denies them water in which to live.

St Ambrose, the patron saint of beekeepers is reported to have said: 'The fruit of the bees is desired of all, and is equally sweet to kings and beggars and it is not only pleasing but profitable and healthful, it sweetens their mouths, cures their wounds and conveys remedies to inward ulcers.'



RECIPES

Rose Honey

Bruise fresh rose petals and place a layer of the petals in a small saucepan, pour clover or a mild light honey, like acacia, over them. Warm the whole lot over a low flame for two minutes, until the petals may be easily strained from the honey. Pour into a jar and seal tightly. Allow to stand in a warm place for one week before using.

Cream Candy

- ¼ cup honey
- ¼ cup cream
- 1 cup sugar
- 1 tbsp butter
- ½ cup chopped nuts

Combine sugar, cream and honey and cook until sugar has dissolved, add butter and continue to boil until a very soft

soft-ball stage has been reached (113°C/236°F). Remove from heat and beat immediately. Continue beating until mixture becomes thick and dull in appearance. Add the nuts and then spread in a greased pan. Cut with a warm knife when candy is cool enough.

Apricot Honey Jam

- 2 kg stones and sliced ripe apricots
- 1 kg honey
- juice of 2 lemons
- 10 blanched and split apricot kernels

Add the lemon juice and honey to the sliced fruit and allow to stand overnight. Boil the mixture about 1½ hours. Add the kernels after 1 hour of cooking. The jam is ready when a small amount put on a plate and left to cool forms a skin, and wrinkles when the plate is tilted. Bottle hot and seal when cold.

OTHER BEE PRODUCTS

Venom

Bee venom is used for the treatment of rheumatic fever, neuritis and neuralgia, malaria, ocular diseases, skin diseases, exophthalmic goitre and for decreasing blood pressure.

Propolis

Propolis or bee glue was used in medicine from ancient times up to the nineteenth century. It is reputed to be effective for malignant tumours and wounds. The result of an experiment with propolis showed that it possesses bactericidal properties against streptococci, staphylococci, *Bacillus Pyocyaneus*, *B. Coli*, *B. Typhosus* and other micro organisms.

Very encouraging results have been given in the propolis treatment of domestic animals affected with necrobacillosis. Propolis ointment can be prepared with paraffin, sunflower and henbane oil in the proportion of 1:1:1.5:1. Experiments showed that on the seventh day after application of ointment in cattle necrosis disappeared, granulation set in and the affected parts healed even without removal of the necrotic tissue. The ointment used on the cattle was propolis and paraffin oil in equal parts.

It is believed now that bees produce propolis from pollen. The chemical composition of propolis is about 55 per cent resin and balsams, about 10 percent aromatic essential oils, nearly 30 percent wax and 5 percent pollen. Another use for propolis is to remove corns. A small piece of propolis is softened by heating, thinned to form a cake, applied to corn and bandaged. A few days later the corn should fall out together with the root. I haven't personally tried this remedy because we can't get hold of a bit of propolis, but as soon as I can get some I'm prepared to use this treatment.

Royal Jelly

Royal Jelly is a special substance produced in the salivary glands by young nursing bees. They feed this to the queen bee and larvae predestined to become future queens. Selected bee larvae, fed on royal jelly, develop superior characteristics: they grow twice as large and have a life span thirty times longer than larvae fed on a conventional diet.

Royal Jelly offers in trace amounts virtually every nutritional element needed for a healthy diet, altogether, 16 vitamins, 16 minerals, 18 enzymes, 18 proteins and amino acids and 28 assorted additional elements such as fructose

and glucose have been isolated. Royal jelly contains the 10 essential amino acids the body requires from an outside source, and without which it cannot synthesize new tissue. It contains vitamins, A, D, E, K, C, and the complete vitamin B complex. Also estrogen and androgen, the biological catalysts of nature, and rutin which strengthens the walls of the body's capillaries. The ancient cultures of Europe and China knew the value of royal jelly in treating diseases and prolonging man's life. It works wonders for people who are despondent and mentally or physically tired.

At the time of writing this, I have been taking royal jelly liquid for 12 days and have noticed a remarkable difference. For 2 weeks I suffered from dizziness, continual headaches and bad migraine. After 2 days on royal jelly, the headaches stopped. I awoke earlier feeling more energetic and more mentally alert.

I would like to see beekeepers advertise their honey and other bee products for sale in *Grass Roots* as there are only a couple of ads in the *Weekly Times* and it is cheaper to buy honey in bulk rather than at the supermarket. You also have to consider the freight cost which you can find by ringing your nearest railway station that handles freight. I have been receiving it from various places around Victoria, for years now in large quantities and have rarely been disappointed with the quality of the product I received. If these products were readily available I'm sure many more people would discover for themselves the advantages of using Nature's great gift — honey!

Gardening in Small Spaces

by Adriana Fraser, Emerald, Vic.

After experiencing three years of vegie gardening in East Gippsland, with soil so rich and deep I never struck clay and a vegie patch as big as a suburban block, where each plant had a veritable bed to itself, not to mention the herb garden, I found myself back in suburbia (or almost).

A complete contrast — the cold damp climate of the Dandenongs and a 15 x 90 m (50 x 300 ft) block. My vegie garden was relegated to an area about 12 x 9 m (40 x 30 ft), a daunting task. Was I really going to feed all four of us out of an almost mini-garden? I'm entering my third year here now and have had a good go at it!

The first job after working out the allotted size of my patch was to check the soil. Easy you say, the Dandenongs are renowned for beautiful soil, I'll grant you that, but where was it? After surveying the whole block we did find some lovely stuff here and there in patches. These must have been the spots where the bob-cat hadn't either buried it or as we suspect removed it to greener pastures! What a blow but not to be discouraged I turned to the no-dig method which I adapted to suit our pocket and in a garden so small the ability to plant closely meant a lot of food out of a small space.

I collected a mixture of horse, cow and chook manure, leaves, kitchen scraps old hay etc., and purchased a few bales of straw. I spread the manure straight onto the ground on top of the weeds and grass in the form of beds preplanned on graph paper — a most important first step! I made the pathways as narrow as possible to maximise growing space. Then I spread everything else I had collected on top of the manure which I watered down, and covered with a thickness of newspaper also watered well and covered the lot with a relatively thin quantity of straw and it all looked very good indeed. I then poked holes into the newspaper at about half to two-thirds required spacing. You have to use your common sense here, you need about as much space as the mature plant between seedlings. Each seedling was planted out with a couple of handfuls of soil (stolen from other parts of the block) in which I had mixed some blood and bone. I also made sure the straw didn't touch the stems of the seedlings. The plants did very well and I even managed to bottle a couple of dozen bottles of tomatoes out of a dozen plants. I found in the first year that whenever I watered, the water used to run out of the bottom of the beds, however this doesn't happen now the soil is building up. After two full seasons the soil has built up considerably. I could probably garden with conventional beds now but I have found it a lot easier to continue the no-dig method as it saves so much time on weeding.

By the way I did not box the beds with retaining walls as I felt the garden would lose too much flexibility and it costs! Nothing ever collapsed or moved, however my garden is in a very sheltered position. The western and southern boundaries are fenced, the north has a shed and the east has bushes. Perhaps if it had been exposed to the winds the lot may have blown away. I grow about 20 different vegetables in my plot and get a lot of curious looks and smiles from passers-by.

Carrots, peas, onions, beans are planted in deep beds, I

was fortunate enough to find a couple of patches with soil still intact within my vegie garden. To make a deep bed I remove the top soil from an area the width of the bed and ½ m (18 in) long, this I put in a wheel barrow. The subsoil is then worked with a fork, I just stick the fork in as far as it will go and wiggle it back and forth to break up the subsoil. I then fill this trench with manure and top it up with the soil out of the next trench I dig, continue to the end of the bed and top the last trench with the soil in the wheelbarrow. A barrow load of compost dug into the first few centimetres and some blood and bone, and you are ready to plant your seeds. Try to avoid walking on the bed as this compacts the soil again. Spacing of plants is approximately half that of conventional raised beds.

Now a word about so called garden pests, I found they usually only nibble the outer leaves of my brassicas and leave us plenty to eat. I have had a few problems with the cabbage moth, so occasionally I dust the seedlings with derris dust. However as I have always had a lot of problems with pests on the Brussels sprouts I have this year resorted to making up a concoction of garlic, crushed and steeped in warm water and cayenne pepper. This mixture I strained and sprayed on the Brussels sprouts — so far nothing will touch them!! I found any problem with damping off was quickly checked after spraying with chamomile tea.

Growing potatoes using the no dig method was a tremendous success, out of a 3 x 2.5 m (10 x 8 ft) patch I had enough spuds for six months. However initially some of the leaves were an almost bright yellow. I applied a good sprinkling of wood ash and a couple of barrow loads of chook manure on top of the straw, this was well watered in. The problem disappeared within a couple of days. Probably a potash and nitrogen deficiency, anyway it worked! The beauty of growing potatoes this way is you just lift the mulch and pick up the spuds.

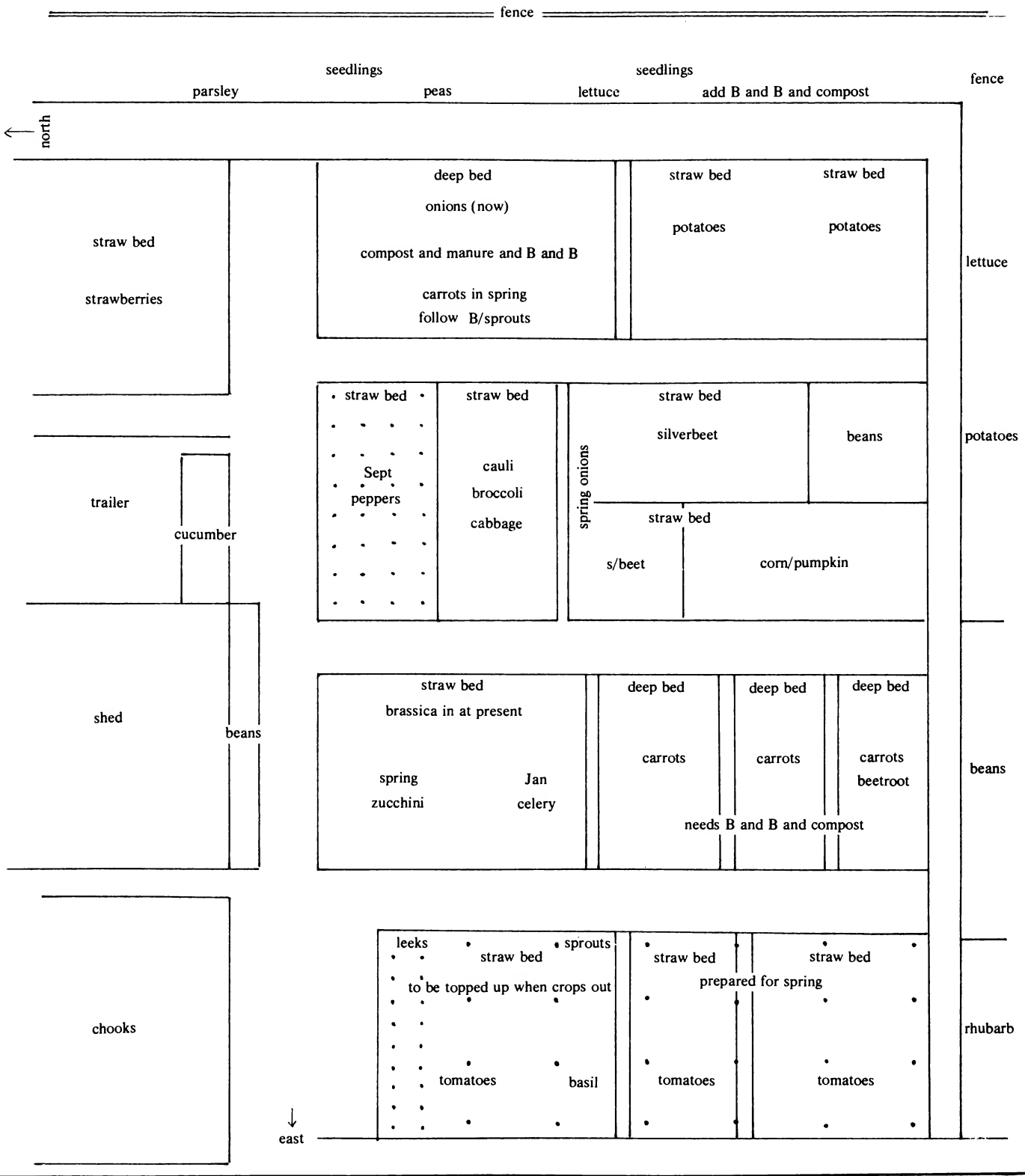
Perhaps the most helpful things to have in this method of gardening are a chook run with chooks on deep litter — I had 24 barrow loads of manure this year — and a compost heap. You can place all your compostible scraps straight under the straw, however once the garden is full of plants it's a bit difficult.


The most important thing is to use all available space, fences and sheds for peas and beans — even cucumbers and pumpkins can grow up. Even in the shadow of a southern fence you can grow potatoes, lettuce, parsley and rhubarb, as long as you make sure they aren't too sheltered from the rain, it's just a matter of keeping your eye on the dryness of the soil.

I also found *Permaculture II* and John Seymour's *The Self Sufficient Gardener* (adapted for Australia and New Zealand) extremely helpful. Of course observation is the greatest teacher, timing of planting is very important but as it differs somewhat from block to block it is something best learnt by your own experience.

A final note: next time it's your birthday or Christmas convince your family or friends to buy you pre-selected books, tools or a trailer load of manure and a couple of bales of straw — more sensible than a bottle of perfume or a tie!!

This is the plan I used the first year.






Spiders

If you have a horror of spiders powdered sulphur dusted around discourages them. It does not kill them but encourages them to move on quickly.

HANDY HINTS

Sharpening Scissors



When scissors are blunt, sharpen them by opening and closing five or six times on the top of a bottle, as if cutting the neck.

The gifts we most appreciate and treasure longest are usually those fashioned by the hands of the giver. It's inconsequential whether they're made from new or recycled material or cost a lot or a little, what counts is that the makers have shared a little of themselves in their gifts. The following areas will help those of you who find your heart full but purse empty — a range of homemade crafts to give to friends and neighbours for their kindnesses.

Little or No Cost Gifts to Make

by E. Hoare, Berwick, Vic.

Have you ever noticed that it's usually the day that you've only about twenty cents in your purse that your pride and joy comes home from school and announces 'Mum, there's a stall on at school on Friday and we've all got to take something to sell.' I have found it saves a lot of embarrassment to have a spare shelf in a cupboard where you can save a collection of useful bits and pieces to make up into small saleable items to keep on hand for such an occasion. My cupboard contains things like: used gift wrapping paper; used greeting cards; strong cardboard from packaging, especially if it's plain white or coloured without lettering on it; clean butchers' paper; clear plastic from the bubble pack type of packaging; plain coloured plastic bottles with peel off-able labels; in fact anything that looks as though it might come in handy some day. Apart from being an absolute life saver when the kids have got nothing to do, I can usually find something in there to fill the bill when I've got a project in mind.

Here are a few suggestions for quick, easily made gifts which I have found to be happily accepted by mothers' clubs, and which are also not beyond the ability of older children who can take pride in giving a gift that they have made by themselves.

DECORATIVE SHOPPING LIST

These do not sell for much, but they are popular for Mother's Day stalls, because small children like to buy them, and it doesn't use up all their pocket money to do so (figure 1).

Fig. 1. Shopping list

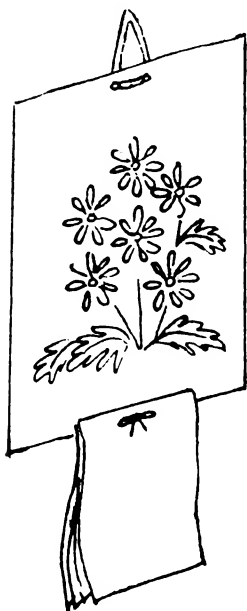
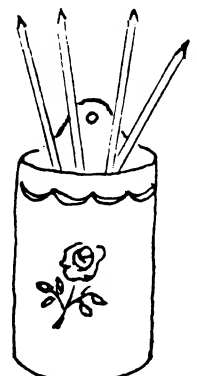
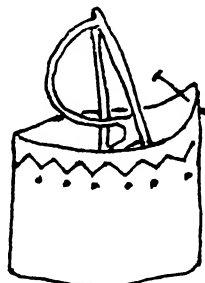
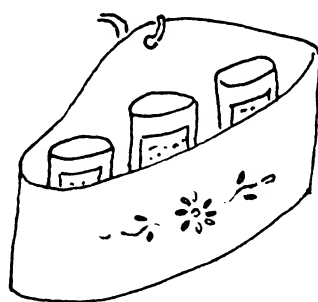


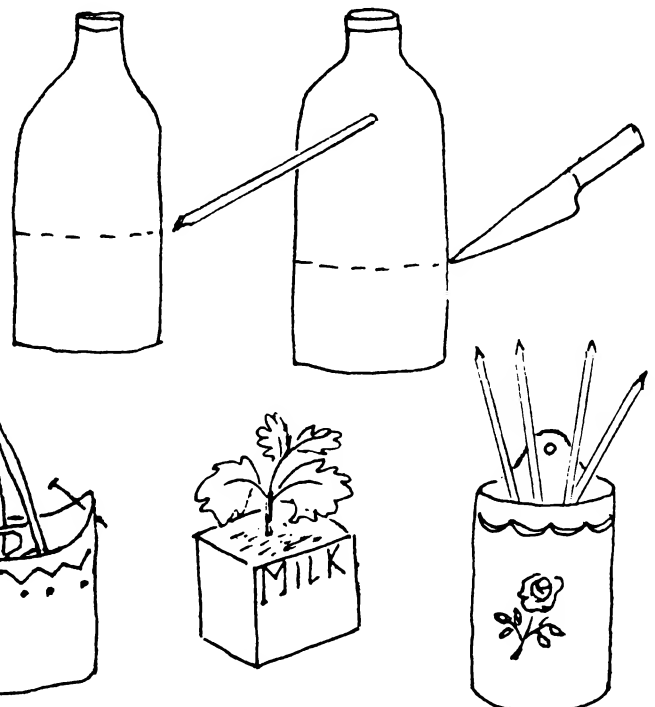
Fig. 2. Hanging container



Take a nice strong greeting card and cut down the folded edge, giving a rectangle with a pretty picture on the front. You may like to trim away the lettering if this can be done without spoiling the picture, or it may suit you to leave it there. If you have no cards, take a nice firm rectangle of card and paste a picture on it, or you may prefer to draw something. Leave about two centimetres at the bottom to sew or staple a small note pad to it. I make my own note pads from clean butchers' paper. Punch a couple of holes at the top and thread with a scrap of ribbon or coloured cord for a hanging loop. Save the plain paper from the greeting card for the next time you need small quantities of good quality plain paper. If the lettering is suitable, you can cut it off to use as small gift cards.

HANGING CONTAINER FROM PLASTIC BOTTLE

Take a plain plastic bottle from which the label has been removed and mark a cutting line around the top of it, leaving a tab to use as a hanger (figure 2). Cut with a sharp knife or scissors. This is not a job for children. Make a hole in the tab to enable the container to hang on a hook or nail. Decorate as desired. Coloured permanent marking pens are quite good for this as they don't wash off easily. These little hanging containers can be sold filled with a cake of soap, or a bag of home made sweets. Around the home they can be used for





dozens of different uses. In the kitchen, hang one beside the stove to hold a box of matches. Hung inside a cupboard door, they'll keep pencils or chop sticks tidy. The wider bottles such as those used for fruit juice, make good spice racks, and are perfect for holding those little packages which usually manage to get lost among the bigger things. In the toilet they'll hold a deodorant block or a bouquet of fresh flowers or dried herbs. In the bathroom they'll hold toothbrushes or combs and hung beside the bath they're ideal to hold specs or watch. If you are going to use them in wet places you'll need to drill holes in the bottom for drainage.

FURTHER SUGGESTIONS

Clear plastic from bubble packs, yoghurt lids and some bottles can be used in place of the more expensive perspex

which is sold in handcraft stores, if you are only needing small pieces, as in miniature photo frames and lapel badges. One important thing to remember when dealing with plastic containers is to pull the labels off before you wash the bottles, otherwise you'll never get them off.

A most popular stall filler which is usually welcomed with open arms by organisers is small potted plants. I cut my milk containers down to about ten or twelve centimetres and fill them with soil, line them up along the back verandah and poke a cutting in each. As soon as you feel they've taken root they are ready to give away. The plants don't have to be fancy. I find that herbs, geraniums, pelargoniums, daisies, fish bone fern and spider plants go like hot cakes, and a milk carton will hold together for several months if it's carefully handled. Don't forget to put a few drainage holes in the bottom.

The 'Almost Nothing' Christmas

by Judith Magor, Launceston, Tas.

I love to give Christmas presents, so the year that I had to say to our teenage daughter, 'We can't afford more than \$5 for your Christmas present', was as hard for me as it was for her. I was determined not to disappoint her for she still loved the surprise of opening lots of parcels on Christmas morning.

The scrap bag was a good starting place. 'Cost nothing' gifts from it included a teacosy and pot holders to put away for that longed for day when she would have a flat of her own. A dainty lavender umbrella used a tiny scrap of fabric from the bag, a pipecleaner, and a few inches of lace and ribbon with some of our home dried lavender. Cost so far — still nothing.

One of the chain stores had a promotion on at the time which involved saving \$5 stamps until \$200 had been saved. These were then exchanged for five pieces of a dinner set — dinnerplate, side plate, dessert bowl, cup and saucer. In the months before Christmas we managed to save enough stamps for two place settings — another no cost present.

The second hand shops offered possibilities. I found a lovely fine glass goblet (obviously the last of a set) for 50 cents, and pictured it used on a tray for a breakfast-in-bed treat. I filled it with homemade coconut ice and added it to the growing pile of gifts. The second hand shops also yielded two as-new books for a dollar. One was *Nanny*, which had become a favourite during the TV series, and the other an ever popular Agatha Christie.

I had just learned how to make bread dough jewellery. A pair of earrings with tiny moulded roses cost only the price of the backs — less than a dollar. A little box to put them in can

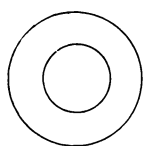
be made from the glossy page of a magazine. Magazines such as *Modern Living* and *Home Beautiful* provide superb material and are often available for a few cents at bazaars and school

I used the same dough to make a tiny picture frame. I rolled out the dough and cut it with a large scone cutter. Then I cut a smaller hole in the centre with another cutter. This was left to dry and harden. The backing was made by tracing the outer shape of the frame onto card, cutting out two of these shapes and covering one side of each with a little glued-on calico. The rough sides of these two cards were then glued together with a frill of lace between them. The frame was glued to the backing, leaving one side open for the picture to be slipped in. A thread loop at the back for hanging and a spray of tiny flowers to decorate the front added the finishing touches. A mixture of Aquadhere and water was brushed over the dough to waterproof it and give a slight gloss.

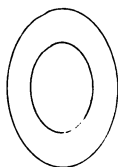
Some miniature sizes of handcream, shampoo and conditioner used the rest of the \$5.

On Christmas morning the sight of our daughter, her eyes sparkling as she opened each parcel, was ample reward for the effort put into her \$5 Christmas.

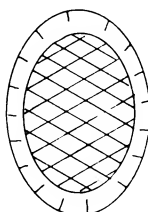
Although I will not have to be as stringent with my spending this year the 'something for nothing' attitude persists and I am constantly on the lookout for possibilities. This year her gifts will include a pretty glass jar filled with an array of beautiful shells I have picked up on the beach during the year. Another gift will be the recipe book I won in a recent competition. Samples of shampoo, or handcream which



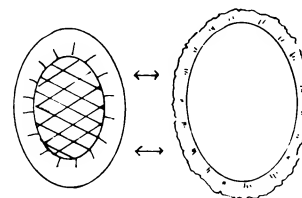
Cut out round frame.



Push gently to oval.



Cut calico larger than card base.
Slit fabric edge. Glue to card.



Glue 2 cards together with lace between.

appear from time to time in our letter box are good to tuck into odd corners.

Saying 'I love you' doesn't have to cost a fortune. A gift that says 'I took time to look for this or to make this for you' is always special and the possibilities are endless — from a box of homegrown vegetables, or a homemade loaf of bread and a pot of jam to a certificate of promise for babysitting or car washing. The gardener can pot up cuttings well before the gift occasion, or plant annuals that will flower at Christmas time and hand over a lovely bunch, a posy or even an arrangement of flowers!

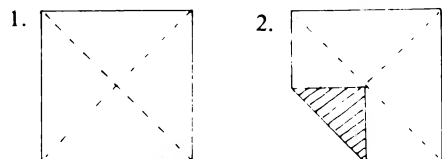
Learn to 'possibility think'. It's great fun.

NO COST/LOW COST GIFTS

Paper Boxes

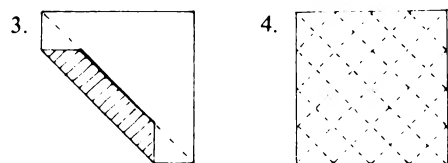
Cut a square of firm paper. The pages from glossy magazines are ideal and a wellchosen illustration can make a beautiful box. Place the paper on the table with what will be the outside of the box down.

1. Fold the square diagonally and press firmly. Open and fold diagonally in the opposite direction. Open.



2. Fold one corner into the centre point of the square.

3. Fold that same side once again to the centre. Press well. Open out.



4. Fold 3 remaining sides in the same way and open out. The crease pattern should be as shown in figure 4.

Coconut Ice Recipe

- 1 can sweetened condensed milk
- 3½ cups soft icing sugar, sifted
- 4 cups coconut

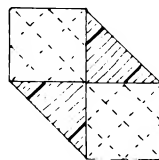
Mix icing sugar and milk. Work in the coconut. Divide in halves. Colour one half by kneading in some pink or green colouring. Dust a tin with icing sugar and press white mixture into the tin. Put the coloured mix on top and press firmly. Leave to set and cut into small squares.

Moulding Bread Dough

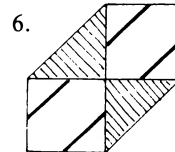
- 2 tbsp fine soft white breadcrumbs
- 2 tbsp Aquadhere

Knead together until a pliable dough. Knead in a tiny amount of poster colour to produce pastel colours. This dough can be used to make earrings or other small pieces of jewellery.

5.



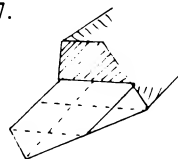
5. Refold two opposite sides as in 2.



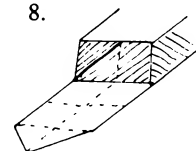
6. Fold uncut sides to the centre.

7. Lift folded side upright at 90° to base and turn cut end at right angles to the upright side.

7.



8.



8. Repeat on the opposite side at the same end.

9. Lift flap (x) up and over the formed side of the box and press into the inside base. Repeat at the other end. This forms the open box with a square base.

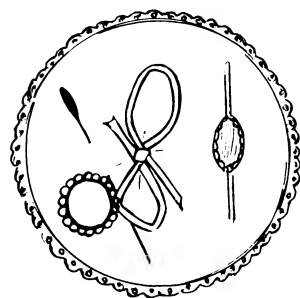
10. To make a box with a lid: make a second box starting with a piece of paper approximately ½ cm (¼ in) larger than the base box.

Gifts to Make and Give

by Susan Sawyer, Morwell, Vic.

BROOCH CUSHION

This dainty cushion will hold pins, brooches and jewellery items and looks decorative as well.



1. Use 2 squares of velvet fabric 14 cm (5½ in) across or 2 circles 14 cm in diameter. Place right sides together and sew around using ½ cm seam and leave a gap. Turn to right side, fill with teased wool or purchased filling.
2. Oversew gap and handstitch lace or edging to outside edge. Attach a ribbon bow to centre of cushion on both sides, pulling thread through cushion for a dimpled effect.

SIMPLE POT MITT

Although not a very glamorous object a colourful pot mitt is always useful. Mine is never far from the stove and I find two are better than one.

1. Using your hand as a pattern draw around it on a sheet of paper. The glove should be at least 13 cm (5½ in) wide at wrist and 28 cm (11 in) long.
2. Place pattern on thick quilted or padded fabric (use wool, cotton or towelling — never nylon or synthetics that might melt in a hot situation) allowing for seams. Cut two pieces for each mitt.
3. With right sides together, stitch around the edge, leaving an opening at the bottom. Turn to right side, bind the opening and attach loop.

Simple Craft Gift Ideas

by Jenny Brandis, Quairading, WA.

Here are some ideas for gifts that might interest readers. They are all simple to make and use — or recycle — things that you'll probably have around the house anyway.

WOOL POT STAND

The plastic rings around the 6 packs of cans have annoyed me since their arrival. I hate to throw out anything useful yet I couldn't find a use for them. That is until this idea came along.

You need:

- 8 rings
- 2 shades of pure wool (used as an insulator)
- a crochet hook to suit the thickness of the wool

1. As the rings are joined in lots of 6 the first thing that has to be done is to cut the rings apart and neaten the sharp edges. Don't forget that 8 rings are needed.
2. Using the main colour dc around the ring until it is fully covered with no plastic showing. Sl st into first dc, end off.
3. Cover the remaining rings in the same way, three with main colour and four with the contrasting colour. Lay the 8 covered rings aside.
4. With the main colour crochet a chain of 40 st, turn and tr to the end, tie off.
5. Lay the four main colour rings on the table in a square (figure 1).

fig 1

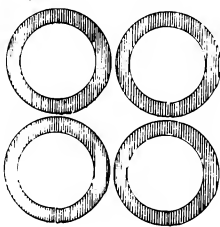
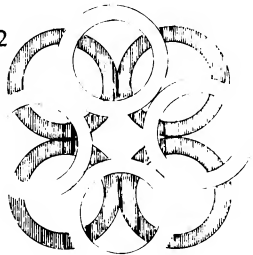


fig 2



6. Lay each of the contrasting colour rings on top but overlapping two main colour rings (figure 2).
7. Using the treble strip weave under the edges of 2 main colour rings, then over the edges of 2 contrasting coloured rings and repeat this until back at the start. Now sew the beginning and end of the treble strip together. This weaving holds all 8 rings together (figure 3).

fig 3

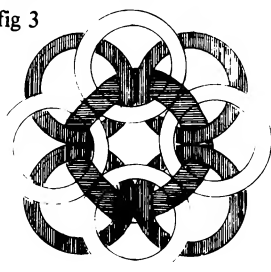
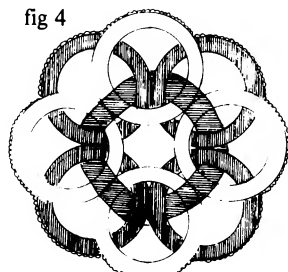


fig 4



8. Crochet around the entire outside to stabilize the pot stand (figure 4).

You now have the finished pot stand and have used up some of those plastic 6 pack rings.

SOAP PURSE

This is a great stall idea that even the most inexperienced crafts-person could make it.

You Need

- Soap — a cake of any nice smelling soap
- Cellophane — to wrap around the cake of soap
- A piece of card 16 cm x 21 cm (6½ x 8½ in)
- Face washer
- 8 small safety pins
- 15 cm (6 in) narrow ribbon, tape

Method

1. Cut your card into the required shape (figure 1).

fig 1

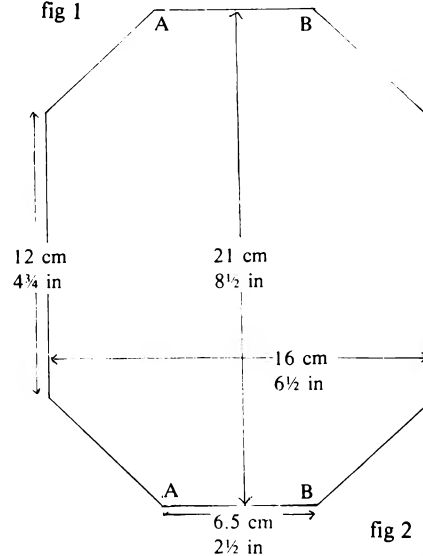
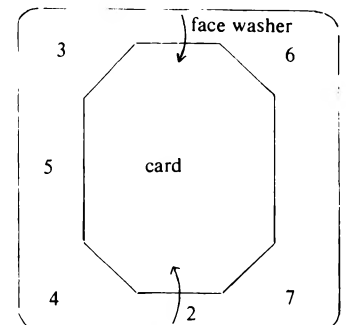


fig 2

The numbers refer to the order of folds in steps 3 and 4.

2. Place card on face washer (figure 2).
3. At the top and bottom fold face washer over card (1, 2) and tape down. Fold top left and bottom left corners over the card (3, 4) and tape. Fold the left side over the card (5) and also tape.
4. Repeat step 3 for the right side (6, 7, 8).



5. Cover soap with the cellophane, the soap can be left uncovered but it will slowly lose its scent.
6. Join all the safety pins in a row and tie a ribbon bow onto the centre safety pin.
7. Place the wrapped soap on one side of the taped card (taped side to the soap) and fold the other side of the washer

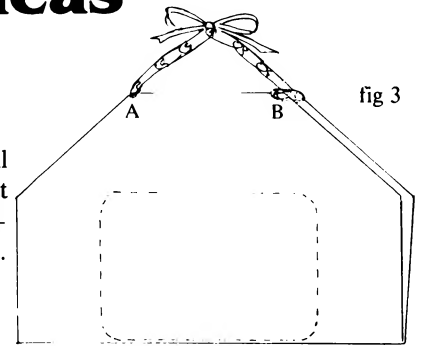


fig 3

covered card over it (figure 3).

8. Open one end safety pin and pin the two sides of the purse together at point A. Repeat on the other end at point B. You now have a purse shape.

AN ATTRACTIVE MAN'S POTPOURRI

I do not mean a potpourri just for attractive men, I mean a potpourri that men find attractive. It smells of the Australian bush and conjures visions of wide open spaces.

Ingredients

5 cups of dried gum leaves and very small gum nuts

2 tablespoons of orris root (from the chemist)

10 drops of eucalyptus oil

If the mix is to be visible then add some dried wattle blooms for colour.

Method

Crush the leaves and put in a large container. Mix in the orris root powder, eucalyptus oil and the wattle (if desired) and leave this mix sealed for at least three weeks. The orris root is to hold the scent, without it the scent fades but with it the scent will last for years.



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HINTS ON BEEKEEPING

by Phil Kermode, Broadview, SA.

I thought that you might like to hear of a little trick about beekeeping that I picked up just recently.

Say you have your bee box and frames ready to go but you don't want to buy expensive wax foundation. What do you do? Keep the box and frames in reserve and wait until you hear of a swarm. When one turns up box the swarm and leave for a few days, making sure you leave the frames out of the hive. The bees will happily make their own foundation inside the hive (but on the lid). After a couple of days give the bees a puff of smoke and lift up the lid. Shake off the bees and remove the wax. Replace the lid and the bees will keep on working from the hive. You now have several wax sheets which can be attached to the empty frames. This is fairly difficult to do, but can be done with string or wire. After the bees have glued the foundation to the frames these supports can be removed. The bees will now fill the frames with wax.

Also if you have ant problems, an ant stand of virtually any kind smeared with a little motor vehicle grease works wonders. You can make your own design from wood, metal, or any other suitable material.

SOLAR POWER IN REMOTE PLACES

The Victorian Solar Energy Council wants to hear from people who generate their daily domestic power needs from sources other than the traditional electricity or gas. These other power sources may be diesel, petrol, wind, the sun, hydro or by some other fuel. Many people, in areas either off the electricity grid or in areas where the cost of having electricity connected is prohibitive, use these alternative sources. The Solar Council is keen to hear from these people to ascertain how many people in Victoria generate their own power, the problems they may face and the advantages they have found over conventional power sources.

For further information contact the Victorian Solar Energy Council, 10th floor, 270 Flinders St, Melbourne 3000. Ph: 03-654-533.

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Natural Goat Care

by Pat Coleby, Garfield, Vic.

In May I received a letter from someone wanting advice on buying goats, and how to treat them on arrival at their new home. Unfortunately it was a very windy day, but I had read it just outside the Post Office, and it was gone when I got home. So I trust the writer will forgive the fact I didn't answer, she suggested that I devote some space in an article to the subject, so here goes!

The first and most important requisite is to make sure that the goats you buy are healthy, CAE free tested if adults, 'caught' and reared on CAE free or pasteurised goats' milk if kids. Obviously one does not buy animals that look unthrifty, arthritic or too stunted. It is a wise precaution to find out exactly what their previous owner has been feeding them, what minerals etc — if any — and what method of husbandry, shedded, tethered or free range. Years ago I took delivery at the airport of some Nubian kids for a friend. They arrived with very bad goitres, and I was just about to reach for the iodine bottle when I thought I had better ring the breeder to find what she'd been giving them. It was lucky that I did so, she had been feeding them three drops of Lugols solution (potassium iodine solution) per day: had I given them some more it would probably have killed them, too much iodine is just as bad as too little. This is an extreme case but it underlines my point.

When fetching your goats, and as the transport of animals is the responsibility of the buyer you will probably be doing it, make sure that each animal to travel gets a teaspoon of vitamin C powder before travelling — just tip it in their mouths. Travelling is very stressful to an animal that has not done it before. I like to see the trailer of a transport vehicle with a deep straw bed or a thick foam mattress. We sit on sprung seats, so get no idea of the thumping that animals on a hard floor endure. If pulling a trailer, drive as steadily as possible, no hurtling round corners, often goats will not lie down if they haven't travelled before. When they get home, I generally give them a vitamin B12 injection (2 cc) if they are very anaemic (check the inside eyelids, which should be a nice deep pink). Also give them 2 cc of VAM injection, this is an excellent tonic which will tide them over until they get what they need in the diet. If they seem the slightest bit distressed, give more vitamin C daily until they settle down. The stress of travelling or going to a new place can lower the immune defences quite seriously, and many animals are at risk when changing homes. It is unwise to buy one of two goats that have been inseparable, buy them both or not at all. There have been many documented cases of one or both of the goats dying after being separated from close companions; vets have assured me that they have literally pined away and there was nothing they could do.

The diet when home would be what I recommend in the goat book, let them have their seaweed meal (goat grade, it's cheaper) ad lib, and the other feed as recommended. I've never had an animal turn its nose up at my rations, and many of them have come from very different backgrounds. Another trap is kids that have never been fed any form of concentrates, too much fed too soon could kill them, as their insides would

not be used to it. Kids should be started on very small amounts of concentrates from birth. I once was sent two four month old weaned kids to board. I had not checked their home feed, and gave them what mine had as a matter of course — they died in the night. A horrified rush for post mortems next day elicited the information that they'd been fed nothing except cabbage. It was a wonder they had survived as long as they did as cabbage on its own is not a good diet, but their stomachs just had not been able to cope with the change in feed so they died. If you buy an animal that has been a much loved family pet, you'll probably have to carry on the good work, it will fret if you do not; you cannot expect it to become a paddock goat overnight. If you already have goats watch that the newcomer does not get too much bullying as there will inevitably be a certain amount of jockeying for position, especially if it's an older goat that wants to take on the herd boss, but don't let it be carried to extremes. Better to let them see each other from different sides of a fence at first. It is important that there should be no bullying at feeding times, this applies to all goats, not just new ones, as bullied animals do not prosper.

I'm not an advocate of drenching, preferring to keep the goat as healthy as possible so it can sort out its own interior economy. But a new arrival should arrive with the information about its drenching programme — when it was last done and with what. If you suspect it is suffering from worms, get a count done, and keep it off your paddocks until it has been treated. Goats that become ill after buying them are a problem, a vet will tell you that there really is no comeback, unless it's got CAE, when it should not have been sold at all. One fact that I always check is whether a goat jumps. Well trained animals never learn that they can, but if you have goats at home that do not, the arrival of one that does is often enough to start the others copying her, and goats that will not stay in their paddocks are a no-no from every point of view. Most, if not all breeders will take an animal back if it is not satisfactory. No one wants to sell goats that do not suit their new owner; however, they should be told immediately that the animal is not settling, not six or seven weeks later. There is certainly no comeback after an interval like that.

In GR 62 I wrote about minerals and how to feed them. I didn't mention selenium, this trace element is not mentioned on soil analysis, but is nonetheless totally necessary for healthy growth. As I feed seaweed meal ad lib to my adult goats I rather stupidly did not realise I could have a selenium deficiency here. The blood tests indicated that they were not deficient, so I assumed it was in the soil — unwisely, because of course they were getting it from the seaweed meal, about the only source where the ordinary person can get it. My kids were not growing well, and seemed less energetic than they should have been, I thought it was the lack of cobalt, which was part of the trouble, but never even dreamt it could be selenium deficiency. I took a couple of kids to the local show, and the judge, who'd had the problem herself, picked it up immediately and gave me some of her leftover selenium which brought about a remarkable transformation. Selenium

GRASS SHOOT

By
Luan
Gunn

WITH BASIL & ROSEMARY



can only be obtained from a vet, and even they have a problem getting it apparently; but what I intend to do next kidding season is to add a little liquid seaweed extract, Nutrimol would do, to the kids' pasteurised milk two or three times a week, half a small teaspoon per kid should be ample, and hope that will provide all the selenium they need. Vitamin E given to selenium deficient animals will work up to a point, but it is still necessary to supplement with the actual trace mineral as well. In extreme case of the deficiency 'white muscle disease' will affect the kids, lambs or whatever — a wasting condition looking rather like muscular dystrophy, it also responds very quickly to the correct supplementation.

As mentioned many times previously, seaweed meal is an excellent antidote to mild mineral deficiencies. It contains copper, cobalt, zinc, selenium and a host of other trace minerals as well as a small quantity of iodine. I feed it ad lib, and gauge the health of my herd by how much they eat. In the last two weeks I have not had to refill the container every day, in fact it's come down to about twice a week, for the first time since I have been on this farm! So at last I know that I am getting somewhere near the absolutely right ration for the goats, in the final analysis they know what they need far better than I ever will, and letting them have ad lib seaweed meal gives them a chance to sort it out. It is of course rather expensive, but it's an ongoing part of the feeding system which has to be implemented if one is to have a really healthy herd — well worth it in the long run.

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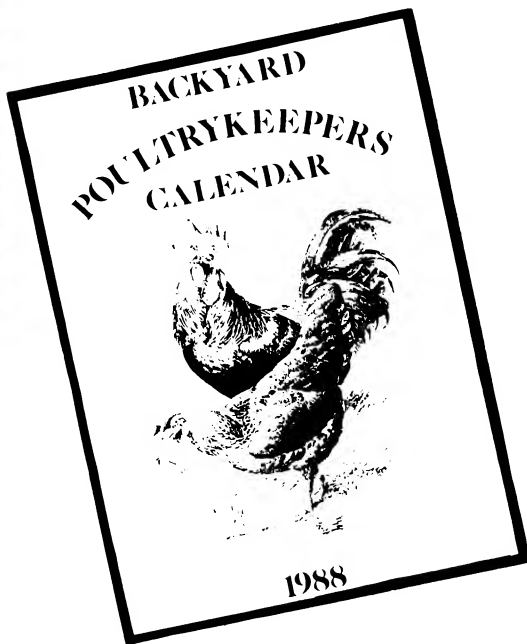


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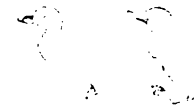
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GRASS ROOTS BOOK NEWS

October, 1987

Reading for Independent Living

Spring at last, and suddenly Christmas seems to be rushing towards us! It was easy to find books for the *Book News* this time — I just looked for all the ones I'd like to give (or receive!) as presents. Special dishes to cook, gifts to make, new skills to learn or fresh areas of experience to explore, they're all here. And lots of fun books for the kids too. I had a wonderful time choosing the books, so I hope you enjoy them as much as I did. Every time I took one home, one or other member of my family would ask, 'Can we keep it, Mum?' Just a quick reminder — please, please send your orders in SOON, to make sure of receiving the books you want in time for Christmas. Our order department is very busy at this time of year, and we hate to disappoint people.

You've probably noticed that I've reviewed lots of new books recently. This means that our shelves are becoming very crowded and some of the favourite titles from past years are being pushed aside. We need to find good homes for them, so this is your chance to pick up some real bargains. A list of super specials, all at greatly reduced prices, will be available very shortly and will be included with book orders as they are sent out. Send an SAE for your free copy, but hurry! At these prices the bargains won't last long!

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BEGINNER'S GUIDE TO MEATLESS CASSEROLES — Ellen Spivak. Soft cover, 47 pp, USA, RRP \$9.95.

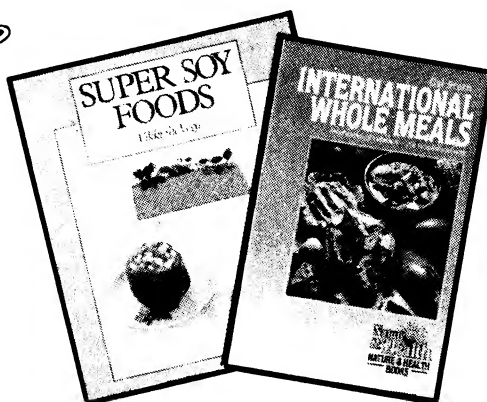
Presents quick and nutritious ways to prepare vegetarian meals. The recipes are easy to follow and the book is conveniently divided into three sections — noodles, potatoes and grains and beans. A simple little book which should help those starting out in vegetarianism.

SUPER SOY FOODS — Vikki the Vego. Soft cover, 118 pp, Aust. RRP \$14.95.

This bright and breezy book by a popular vegetarian author shows that soy products can be made into a variety of dishes that are not only nutritious but tempting enough to appeal to the whole family. Soups, dips, main meals and desserts — they all sound delicious, and they're healthy too! Try some of these recipes for yourself and you'll be hooked on this versatile, high protein food.

FAST BREADS — H. Early and G. Morris. Soft cover, 151 pp, USA, RRP \$13.95.

Designed to show that breadmaking can be fun, this book is full of helpful hints and delicious sounding recipes for breads that are easy and quick to prepare. Surprise the family with Irish Soda Bread, Carrot Orange Bread, or even — if you dare — Chocolate Spice Bread. Yum!



BREAD ON THE RISE — Pamela Robertson. Soft cover, 103 pp. Aust. RRP \$16.95.

You can almost smell the wonderful aroma of new baked bread as you open this book and read about how easy it is to produce delicious loaves, buns and plaits. By following the simple directions, you'll soon be ready to experiment with different shapes, add interesting flavours, even let the kids make up their own recipes. There's a section for allergy sufferers too.

NATURALLY SWEET — Marcea Weber. Soft cover, 248 pp, Aust. RRP \$19.95.

All the delectable cakes, pastries and desserts that you've ever dreamed of are right here in this book. Even better, they're made without refined sugars! The recipes give alternative sweeteners, with emphasis on using fruits and nuts. Many recipes are egg and gluten-free too, so this is ideal for anyone on a restricted diet who still craves sweet treats for special occasions.

INTERNATIONAL WHOLE MEALS — Gai Stern. Soft cover, 191 pp. Aust. RRP \$9.95.

Here's a book full of tasty, nourishing and healthy meals from all around the world, something to tempt the palate, delight the senses and nourish the body — all at once! Try Finnish buckwheat pancakes, Greek spinach pie or Japanese sesame beans, to name just a few. There are so many simply delicious recipes here you'll be busy for months!

THE COMPANION COOKBOOK — Mark Pearson. Soft cover, 97 pp. Aust. RRP \$19.95.

A relaxed approach to vegetarian cooking that presents a refreshing collection of recipes to inspire you whilst in the kitchen. Here are some new ideas for all kinds of meals. Whether you are preparing a quick snack or something for that special occasion, Mark Pearson has suggestions to encourage and motivate your efforts. Now is the time to learn how to be more creative with your cooking and try a cookery book with a difference.

SIMPLY HEATHY — Suzanne Porter. Soft cover, 132 pp, Aust. RRP \$11.95.

This is Pritikin-style cooking, with no added sugar, salt or fats. It gives basic practical advice on planning, purchasing and preparing food for a new low cholesterol lifestyle, showing that healthy eating can also be enjoyable. As well as a wide selection of delicious recipes, the author includes many helpful suggestions to assist in adjusting to and staying on the new diet. Simply delicious!





THE COMPLETE BOOK OF PATCHWORK AND QUILTING FOR AUSTRALIA AND NEW ZEALAND.

Hard cover, 158 pp. Aust. RRP \$24.95.

This book takes you through all the stages of creating a quilted or patchwork article, from planning the design, colour selection, cutting and sewing to the finishing touches. Lots of illustrations and diagrams show you the way, and colour photos tempt you to create your own design. The only specifically Australian section is the list of suppliers, but the book should still inspire the beginner to try this popular craft.

HOMEMADE CHRISTMAS — Kay Fairfax.

Hard cover, 128 pp. Aust. RRP \$19.95.

Full of wonderful things to make and eat for Christmas, this book could easily be used as a cookery book too. Many gifts can be made from things readily available in the house or garden — gumnuts, pinecones or scraps of fabric and ribbon. They are simple to make and really decorative and the food is mouth-watering just to read about! Here's to homemade giving!

THE FOUR-SHAFT TABLE LOOM — Anne Field.

Soft cover, 184 pp, Aust. RRP \$22.95.

Here is a truly comprehensive introduction to weaving. The four-shaft table loom was developed especially for use in the home and is versatile enough to appeal to both the beginner and the experienced weaver. The simple step-by-step instructions take the reader through yarns, warping, pattern drafting, descriptions of the techniques of weaving balanced weaves and much more information. There are some great photographs to inspire and encourage you too.

POTPOURRI AND PERFUMERY FROM AUSTRALIAN GARDENS — Denise Greig.

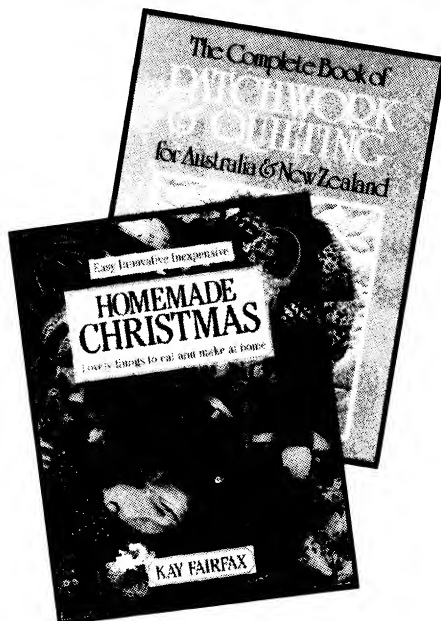
Hard cover, 80 pp. Aust. RRP \$9.95.

Do you want to make your own Christmas presents this year? Try this little book with its lovely, sweet smelling ideas for a change. The recipes are easy and simple and many of the ingredients can be found in the Australian garden; especially now with our resurrection of the old fashioned cottage and herb gardens. The reader will find recipes for making potpourri sachets, herb pillows, beauty baths, fragrant teas and wines and much, much more.

MODERN TECHNIQUES OF BATIK ART — Philip Kitley.

Soft cover, 122 pp, Aust. RRP \$18.95.

A step-by-step introduction to the latest methods of creating patterned cloth by waxing and dyeing. The author outlines the origins and methods of traditional batik, then describes ways of producing the same effects using modern techniques. Diagrams clearly show the steps involved, and the colour illustrations will be an inspiration to anyone keen to try this ancient art.



AUSTRALIAN SMOCKING FOR BEGINNERS — Margie Bauer.

Soft cover, 152 pp, Aust. RRP \$24.95.

The first Australian book to cover all aspects of this ever-popular stitch craft. Now you can recreate these lovely designs that were your childhood favourites, as well as branching out into new and unexpected patterns and uses. Animals, flowers, pictures and words — they're all possible using the techniques outlined here. Happy smocking!

KIDS



BILLY WHISKERS — Geoff Augustine.

Hard cover, 32 pp, Aust. RRP \$12.95.

This picture storybook will delight young readers. It tells of the adventures of a goat on the loose, eating everything in his path. The lively illustrations and rhyming text are perfectly suited to describing the madcap mayhem he causes as he goes from page to page, or from bad to worse. Great fun for kids — they'll keep wanting to turn over and find out what he's up to next!

THE PARENT AND CHILD PROGRAMME.

Soft cover. Aust. Activity books 32 pp. RRP \$3.95 each. Practice books 24 pp. RRP \$2.95 each.

This is a complete learning program designed for use at home. It can be used instead of, or as a supplement to, regular school lessons, covering reading, writing and maths. The books are graded according to age and intended to be enjoyable as well as educational. The first titles, for 3-4 years, are: activity — *Beginning to Count, Getting Ready to Read and Write*; practice — *Numbers and Sets*. Send for list of other titles — 30 in all.

THE CAREER CHOICE GUIDE — Bob Bisdee.

Soft cover, 136 pp, Aust. RRP \$9.95.

Here is a book for young people trying to decide what direction to take in life. It is designed to help you decide what occupation will suit your particular abilities and interests, to help you take a close and careful look at yourself and what you want to do with your life. There is a comprehensive list of possible careers and advice on how to find out more about them. Timely value for school leavers.

SCRATCHER — Ian Burns.

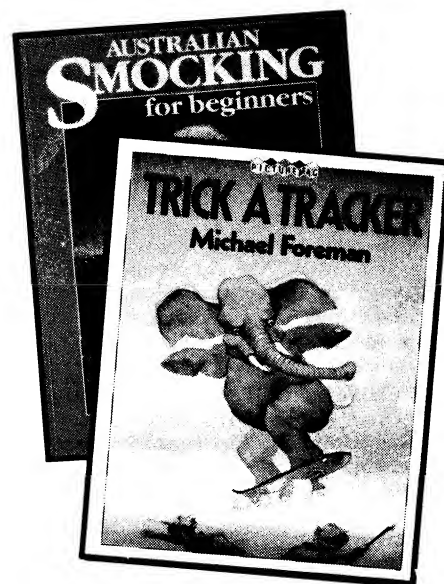
Soft cover, 149 pp, Aust. RRP \$8.95.

Hilarious tales of boyhood in a country town, where the young narrator/hero(?) gets tangled up with an eel, bombarded by rotten eggs, finds a pup and thinks it's a bunyip and generally causes a great deal of very entertaining trouble for all those around him. Set in the days when kids could freely roam the countryside in search of adventure, this should appeal to readers of 10-12 years.

THE INNER CIRCLE — Gary Crew.

Hard cover, 113 pp, Aust. RRP \$12.95.

A moving story for older readers, it revolves around the efforts of two teenage boys — one white, one black — to work out their identities and find their own way in life. Set in Sydney, the book deals sympathetically with the problems of growing up in a modern city and coping with family breakup, racial prejudice and unemployment. An absorbing book that young teens should relate to.



TRICK A TRACKER — Michael Foreman.

Soft cover, 32 pp, UK, RRP \$5.95.

Have you ever wondered how animals felt about being hunted, and what they did about it? This delightful book tells you how things might have been when the animals put their heads together and decided to take some drastic action to protect themselves. Their ingenious solutions may lead kids to question the value of 'progress'. Beautifully illustrated and great fun for all ages.



ANIMALIA — Graeme Base. Hard cover, 32 pp, Aust. RRP \$17.95.

A truly beautiful book to delight the whole family. The glorious full page pictures not only illustrate the different letters of the alphabet but are real works of art, beautifully drawn and wonderfully detailed. However often you read it, there is still something new to discover on every giant page. A book to treasure for years!

FARMER SCHULZ'S DUCKS — Colin Thiele. Hard cover, 32 pp, Aust. RRP \$13.95.

Colin Thiele has written a classic children's story, a moving tale of how a family tries to solve the problem of helping their ducks cross the road safely. They try several ways, some funny, some tragic, but eventually it is four-year-old Anna who comes up with a brilliant idea. The illustrations are lovely — ducks of all shapes, colours and sizes.

HEALTH



EDGE OF REALITY — Dawn Hill. Soft cover. 302 pp. Aust. RRP \$8.95.

This is a book for those interested in exploring the frontiers of their own consciousness. It discusses ways of developing latent psychic ability and finding your own path to spiritual truth by establishing contact with cosmic energy sources available to all of us. The author also describes the benefits — and the dangers — involved in this type of spiritual exploration. Fascinating reading.

WOMEN'S HEALTH — Dr. Sandra Cabot. Soft cover, 485 pp, Aust. RRP \$14.95.

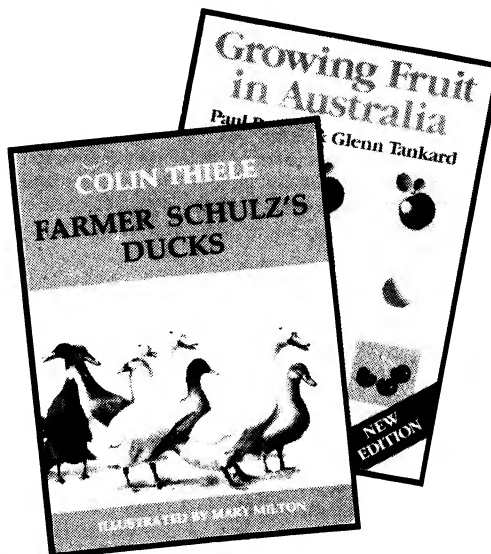
At last — a book on health written for Australian women! Dr. Cabot has had years of conventional medical practice and a longterm interest in naturopathy, so she has been able to combine the two fields in a very comprehensive guide to women's health problems and how to treat them. Herbs, homoeopathy and nutritional therapy are discussed alongside standard drug treatments. A valuable reference.

CONCENTRATION — Mouni Sadhu. Soft cover, 192 pp, UK, RRP \$14.95.

Not just the theory of meditation but also the practice is contained in this useful guide to harnessing the power of the mind. The author discusses the benefits of sharpening and concentrating the mental powers and gives practical exercises, designed to achieve this result, based on eastern traditions. Explore your untapped potential!

NATURAL SKIN CARE — Cherie de Haas. Soft cover, 163 pp, Aust. RRP \$9.95.

A down-to-earth and thorough guide to the health of your skin. The author covers skin and hair care with natural preparations, but goes much further. She also discusses health from within — maintaining the body in tiptop shape by a good diet, exercise and such methods as acupuncture, reflexology and aromatherapy. And it's not just for women — any man would appreciate the soothing bricklayers balm on sore hands!



THE ALLERGY SELF-HELP BOOK — Sharon Faelten. Soft cover, 376 pp, UK, RRP \$10.95.

This is a very comprehensive guide for allergy sufferers. It details common causes and symptoms of allergy to foods, inhalants or chemicals, and explains what can be done to avoid or treat such problems without resorting to drugs. It's clear, thorough and very helpful, even including a list of Australian suppliers of allergy-free products.

THE PRITIKIN-STYLE POCKET GUIDE TO BETTER HEALTH — Suzanne Porter. Soft cover, 80 pp, Aust. RRP \$6.95.

If you're concerned about your general health and want to make some changes to your lifestyle, here is just what you need to get started. This little book gives a clear outline of ways to improve your diet, start an exercise programme and put more enjoyment into your life. Designed to point you in the right direction — the rest is up to you!

SELF HEALING: CHINESE EXERCISES FOR HEALTH AND LONGEVITY — Erle Montague. Soft cover, 80 pp, Aust. RRP \$6.95.

Erle Montague, recognised world wide for his expertise in this field, presents an outline of the main methods of Chinese healing exercise. He begins with the practice of meditation and takes the reader step-by-step through the basic techniques of breathing, movement and healing postures of various disciplines. Very useful as an introduction to Chinese healing techniques.

MIND OVER MEDICINE — Robin Blake. Soft cover, 247 pp, UK, RRP \$12.95.

A fascinating look at the role that the human mind plays in the body's ability to resist or recover from disease. Robin Blake examines the effects of mental states on problems such as heart disease, infertility and cancer, showing how various alternative therapies make use of these effects to control or cure illness. Thought-provoking reading.

GARDENING



GROWING FRUIT IN AUSTRALIA — P. Baxter and G. Tankard. Hard cover, 226 pp, Aust. RRP \$29.95.

A comprehensive and authoritative guide to fruit growing for the home gardener and hobby farmer. From planning and planting, through tree care to harvesting and storage, detailed information is given to enable the novice fruit grower to overcome problems and produce healthy crops. There are descriptions of the needs and characteristics of many varieties of fruits and nuts, including tropical ones. Very helpful.

SUCCESSFUL ORGANIC GARDENING — Geoff Hamilton. Hard cover. 288 pp. Aust. RRP \$39.95.

Have you been looking for an Australian organic gardening book that covers every aspect of your gardening year? Then this superb book is for you. Using wonderfully clear photographs and illustrations the author shows you how to produce better tasting fruit and vegies, without chemicals, and to grow healthy flowers and trees that will attract birds and wildlife as well as making your garden a pleasant place in which to relax.

CREATING AN AUSTRALIAN GARDEN — John Hunt. Hard cover, 168 pp, Aust. RRP \$24.95.

For those who want a truly Australian landscape in their garden, this book begins by explaining how to achieve the desired well-drained soil by the author's own technique of mounding and channelling. Colour photos show the amazing variety of shape and colour combinations that can be created using native plants in your garden. An inspiration for the beginner.

SELF-SUFFICIENCY

MANAGING THE FARM — Eric Smith. Soft cover, 159 pp, Aust. RRP \$14.95.

Here's the ideal book for anyone wanting to run a farm more profitably. Eric Smith explains basic accounting terms and shows how to use modern business methods to control costs and increase efficiency. These methods can also be applied to other small business ventures, especially those that are family-run, so the book should be useful for anyone who wants to make their labours pay.

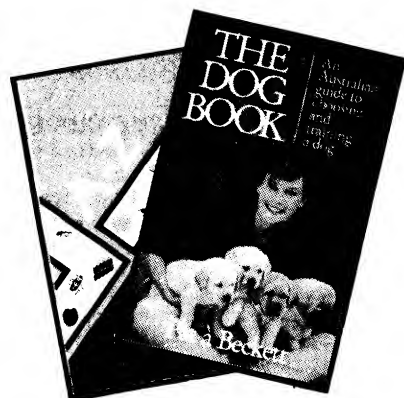
MACHINE AND POWER TOOLS FOR WOODWORK — Gordon Stokes. Soft cover, 144 pp, UK, RRP \$29.95.

A clear and concise guide for the home handyman, this book gives advice on how to choose the correct power tool for your needs and how to use it safely and efficiently. Brand names and model numbers may vary somewhat, but most equipment covered here should be readily available in Australia, making this a very useful reference for someone setting up a workshop.



THE STRAIGHT POOP — Peter Hemp. Soft cover, 160 pp, USA, RRP \$19.95.

Subtitled *A Plumber's Tattler*, this book is intended to help those who want to make simple plumbing repairs but who don't know where to start. Written in a straightforward, down-to-earth manner, it lists the basic tools needed and describes common plumbing problems and how to fix them. Some terms need translating (faucet = tap), but the practical information is very helpful in a no-nonsense way.



THE DESIGN AND MANUFACTURE OF ANIMAL DRAWN CARTS — ILO publication. Soft cover. 72 pp. UK. RRP \$26.95.

Just the book for anyone wishing to make use of animal power. It describes various types of carts — two or four wheels, solid or pneumatic tyres — and how to make them. Various types of harness are also illustrated so you can yoke up your horse, bullock, donkey — or camel! Intended for developing countries, but many do-it-yourselfers will find it useful.

ANIMALS



A-Z OF AUSTRALIAN WILDLIFE — G. Lewis and N. McNab. Hard cover, 33 pp, Aust. RRP \$12.95.

An alphabet book with a difference. To accompany Gary Lewis' beautiful colour photographs of Australian wildlife, Nan McNab has written entertaining poems to tell a little about each of the creatures shown. Children will enjoy studying the pictures and repeating the rhymes, learning as they do so about our unique native fauna — in a most enjoyable way.

THE BASICS OF ANGORA BREEDING — Mavis Walledge. Soft cover, 159 pp, Aust. RRP \$16.95.

Here is a most useful book designed for those people that are starting a small breeding herd of Angoras. Over the last few years the mohair industry has suddenly blossomed into a dynamic business within this country. The author has written a straightforward and informative book from personal experience, to help breeders throughout the entire year, answering all the questions of importance to anyone in the Angora industry.

THE DOG BOOK — Pat a Beckett. Soft cover, 144 pp, Aust. RRP \$11.95.

The ideal book for anyone trying to decide what type of dog will suit their needs and situation, it gives helpful advice on choosing, training and caring for your new pet. The characteristics and needs of most common breeds — small and large — are described and illustrated, so you can see at a glance if a particular breed is right for you.

GENERAL

A-Z OF CHEMICALS IN THE HOME — Toxic and Hazardous Chemicals Committee. Soft cover, 119 pp. Aust. RRP \$9.95.

This book is an invaluable guide for anyone concerned about the dangers of chemical use or overuse. It lists the substances most commonly found in and around the home and describes the effects of each on ourselves and the environment. Most importantly, it also lists preferable alternatives that are less dangerous and more environmentally acceptable. Essential reading.

HOW TO ORGANISE AND OPERATE A SMALL BUSINESS IN AUSTRALIA — John English. Soft cover, 291 pp, Aust. RRP \$24.95.

Wondering how to get started in your own business? Having trouble keeping your business going? This book takes you step by step through the methods of running a small business both efficiently and profitably, shows you how to avoid common pitfalls and guides you in developing the necessary skills for success. Valuable reading for anyone starting out.

POEMS OF THE BUSH — Banjo Paterson. Hard cover, 64 pp, Aust. RRP \$14.95.

Anyone who loves the outback and the bush landscape will be delighted by this book. These well-known poems are beautifully matched with a selection of Australian landscape paintings, each chosen to complement the mood of the poem it accompanies. Would make a delightful gift for someone who enjoys the special feeling of bush poetry.

A BIT OF A STRUGGLE — Joan McCaughey. Soft cover. 235 pp. Aust. RRP \$12.95.

A fascinating survey of families coping with hard times in modern Australia, this book presents case-studies of a wide variety of personalities and situations. We see some people developing ways of dealing with their problems and others unable to cope. There is a wealth of personal experience here, and something that each of us can identify with.

A WALK IN THE RAINFOREST — Dawn and Clifford Frith. Soft cover, 52 pp, Aust. RRP \$6.95.

Those of us who feel that it is vital we maintain what is left of our rainforests to help protect our environment will be interested in obtaining a copy of this most informative little booklet. No hard sell, just a delightfully illustrated piece describing the flora and fauna of the rainforest habitat. The gentle line drawings of frogs and birds, fungi and ferns by David Stacey together with a well informed text are all designed to help you understand what you see and feel next time you go walking in the rainforest.

BUILDING



EARTH GARDEN BUILDING BOOK — R. Rich and K. Smith. Soft cover. 315 pp. Aust. RRP \$29.95.

A thorough and comprehensive guide for the house builder, this book gives lots of practical advice on what to do — and what not to do! The first section concentrates on design, so that you have made all the major decisions before you start the actual construction. Several different building methods are discussed — stone, earth, timber — so it's a useful reference for anyone starting this major task.

THE BEGINNER RENOVATOR — Edward Mundie. Soft cover, 244pp, Aust. RRP \$19.95.

Have an old house and want to make it like new again? Bought a dump and want to improve it? This book is just what you need. It covers everything from choice of tools and materials to finishing the job, from checking the drains and reblocking the floor to putting in windows or building an extension. Written in a down-to-earth manner, it's full of practical advice for the beginner.

EQUIPMENT FOR RURAL WORKSHOPS — John Boyd. Soft cover. 94 pp. UK. RRP \$16.95.

A useful guide to anyone setting up a workshop for wood or metal work. Originally intended for third world countries, it would be helpful to anyone without mains power who wants to build, equip and run an efficient workshop at home. Woodworking and metal working tools are described for small and larger workshops, with or without power. Helpful for the beginner.

BOOK NEWS ORDER FORM

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No. 47 Marketing, horse power, making buckskin, living afloat, herbal medicine, stenciling, gardening, manure spreaders, building an extension, poultry, a bush shower, backyard farm, beekeeping, garden trouble-shooting.

No. 50 Networking, bee pests, cheap hot water, growing coffee, designing a jumper, cold climate gardening, moccasins, growing liquorice, coffee, geese, AATRA, crossword, growing Australian plants, biogas, rainwater separator, home-made beer and cider.

No. 53 Bushfires and mudbrick houses, enamelled badges, tuning your car, guinea pigs, soya, home-made bag, water power, fruit growing, country living, old orchards, rainforest, peafowl, cool safe, preserving eggs, milking cows, weaving on a bike wheel.

No. 56 Holiday camp, yurts, paper making, milking a goat, a garden ecosystem, prickly pear, tagasaste, locker hooking, chocolates, bandages, sundial, natural cancer care, pot-belly stoves, beans, effects of chemical insecticides, raising beef cattle, hydroponics.

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No. 45 Turkeys, waistcoats, touch for health, a bush sauna, sinking a well, northern lifestyles, beetroot, fly traps, storage batteries, a cow halter, herbs, swarm traps, strawberries, build your own gates, improving your soil, caretakers.

No. 48 Dry-stone walling, coconuts, dole survival, biogas, felt hats, natural pest control, fruit trees, layering, beekeeping, herb garden, greeting cards, jojoba, wildcrafting.

No. 51 Stained glass, self-recycling garden, dog kennels, scented pelargoniums, baby socks, heart attack alternative, possums, water supplies for a small farm, geese, native tree planting, fossil fuel, biological bird control, handicapped children, beekeeping. Index 43-50.

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No. 57 Inkle band weaving, your immunity, jackfruit, black sapote, what to do if you're sprayed, cows, tools, black currants, raising piglets, lavender, gifts, how to make an incubator, head lice, electric fencing, hydroponics, pollination, an inexpensive water tank. Index 51-56.

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MAKE YOUR OWN FORGE

by Dennis & Annette Hill, Holisdale, NSW.

From time to time one meets or reads about someone who would like to set up as a smithy. The hardest thing to come across is a forge, but you can make your own. Check the auctions for tools etc.

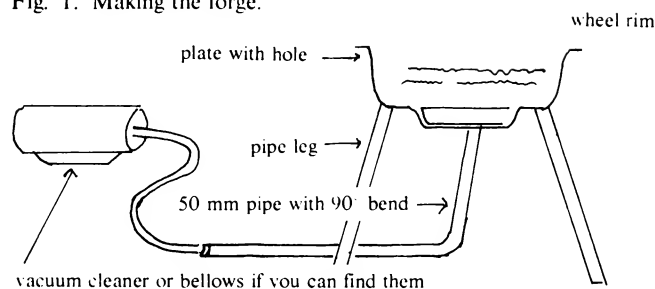
You need:

1. A truck wheel rim, or one of the cast-iron cover assemblies that the council puts around the fire hydrants and stop valves in the road — these are ideal, but the block of cement they sit them in is *bloody* heavy!
2. Enough 25 mm (1 in) water pipe for three legs.
3. 50 mm (2 in) pipe for the air inlet to the fire.
4. A plate, of either 5 mm or 6 mm ($\frac{3}{16}$ in or $\frac{1}{4}$ in) steel, with a 50 mm (2 in) hole in it, to go in the bottom of the wheel rim.
5. A vacuum cleaner that will blow air, or a blower designed for the job.
6. Charcoal, coke etc. for fire.

Weld your three legs to the wheel rim and your 50 mm pipe to the bottom of the piece of the plate. You may not need to have a 50 mm hole cut in it — many small holes (say 7 mm or $\frac{5}{16}$ in) will most probably do if the pipe is over the holes. Set this plate in the bottom of the rim, fit your vacuum cleaner hose onto the pipe and connect the other end to the blower side of the cleaner. Seal the join with insulation tape or whatever, then light your fire and away you go.

The old barrel cleaners are best for this type of job and can be bought second-hand cheaply — try St. Vincent de Paul or other organisations.

Fig. 1. Making the forge.



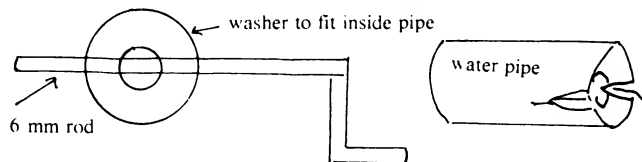
There was a proper forge made on similar lines, using a pedal driven blower. It was available from McPhersons, and is listed in their 1957 catalogue.

Instead of 6 mm steel plate, you may find a brake drum of a car that will fit in the holes in the bottom of the truck wheel rim and use water pipe of a size that will match up with the hole in the drum.

Many of these parts can be scrounged for free, but even if they had to be bought, the cost would not exceed about \$30 or so — fairly cheap for a forge, if you have the use for one.

You may find that you need some sort of valve to control the air flow from the blower. Make one out of a large washer (50 mm or so) welded to a piece of 6 mm rod to act as a pivot and handle, and fit as a sort of door in the pipe, like the throttle butterfly in a carburettor. Cut the water pipe, cut two slots as shown in figure 2, fit the butterfly into the grooves, then weld the other piece of pipe back on again.

Fig. 2. Fitting a valve to control air flow.



ONION ON THE BREATH!

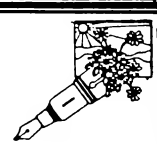
Onions on the breath can be removed by chewing several grains of coffee, eating a small bunch of parsley or chewing an apple, peel and all.

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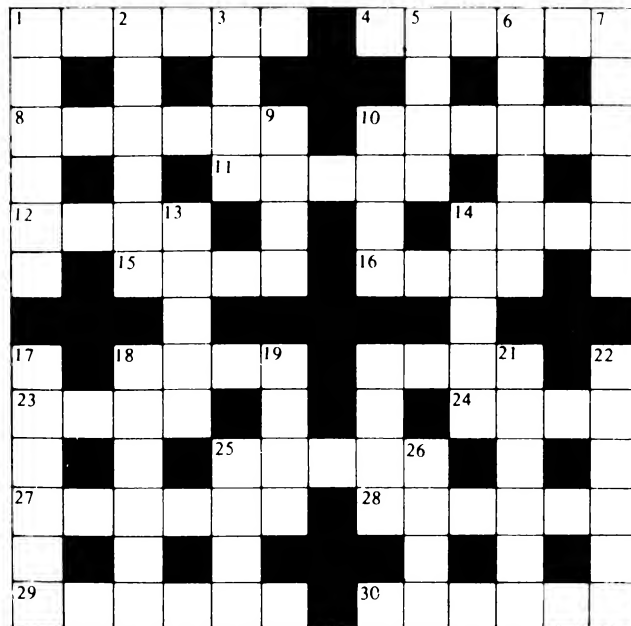
by M. Riley, Newborough, Victoria.

Across

1. Home grown creature.
4. Make flexible carriage.
8. Break and set back.
10. Another indent in can.
11. Sun is reversed for nasal cavity.
12. Rice for boy.
14. Night before scares beast.
15. Frolic bird.
16. Salt from a lumberjack.
- 18 & 20. Watch old car for explosive. (4, 4.)
23. Sounds like raincheck.
24. American pull.
25. Rates for a flower.
27. Only the head is no one.
28. Tenner back for curdled milk.
29. They draw things.
30. Dud eel avoided.

Down

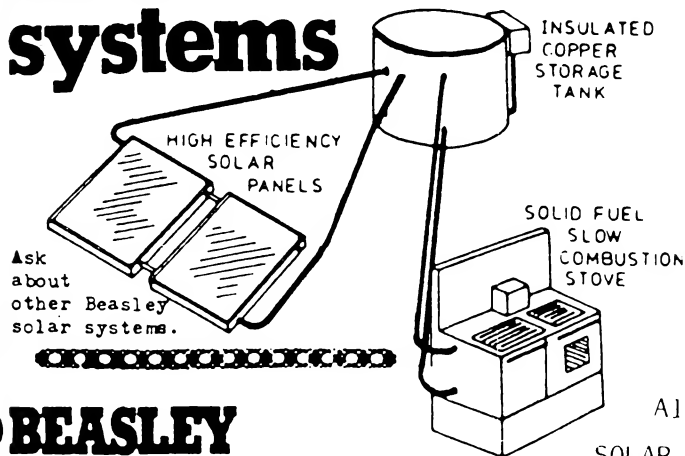
1. Country bird.
2. Drawback but return with the spring.
3. Detriment in blossom.
5. Flower of the eye.
6. Flighting weight for a bird.
7. Another deer returned me to ransom.
9. Fabric of his ilk.
10. Turn a nut back for fish.
13. Rough-house in a ship.
14. Embalmed parent.



17. Spanner for a jerk.
18. Lumber from the forest.
19. A yes would be simple.
20. Hops in for a drink.
21. Ann is barred when in bed.
22. Glided into another at desk.
25. Axe in daze.
26. Another earl in existence.

Solution on page 59

solar hot water systems



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Poetry

CITY-SPARROW

A small bird with
nutbrown feathers,
just a square stump
where the tail should be.

Are you lost, or
fell from the nest?
Busy feet tripping
along railway-line.
No-one near you,
no friends at all?

Come up, where I sit,
small brown sparrow
and see the crumbs
spilt on the ground.
Soon the fiery-eyed gulls
with hard yellow beaks
will fill the gullet.

Your black button eyes
wary and watching.
Come, little friend,
hop nearer and nearer.
Come, be welcome.

There he sits pecking
a fat dusty crisp
lost from a paper,
dart of a beak,
breaking crumb after crumb.

Now he sits still,
looking and waiting
no way to tell him
that my bag is empty.

Drumming of rail,
rushing of people,
quickly he flees,
flies to the next
still empty platform,
hopping and searching.

Maria Stephens.

SINGING TULIPS

They first appear
Around this time of year.
Cup your ear
To hear their sound.
You won't hear the pound
Of a drum's beat,
Yet they'll tell you
If you're by chance
Close with your feet.
After they emerge from a plot,
You'll notice they turn blue,
And this is when
They begin to sing.
Bring out a plate
And have lunch.
Their voices depend
On the size of the blossom.
Like parrots repeat a phrase,
These will sing a song
Sung to them.

Roland T. Gardiner.

POWER

Only the weak need power.
Who in command
Of their life
Has need of power
Over others?

The strong are self sufficient
And kindly in their strength
To stand unbent
They have no need
To stand on others.

Power is a crutch for fools
Its brilliant rich cloak
An illusion of nothing
Save only the nakedness
Of the deluded.

J White.

THE GRASS ROOTS PIONEERS

Hail to thee, new pioneers
Escapists from the urban sprawl
Nature's freedom is your goal
And may your goal be all

Life in splendid isolation,
Free of money making vice,
And noise and strong pollutants
And every form of strife.

Free to bring the children up,
In a way that suits them best
Strong, in the ways of nature
Tackle living with a zest

So to escapists one and all
I say well done
live in splendid isolation
be at peace, be happy, everyone.

Clive Furphy.

MY PLEASURE

Colourful, radiant, sprouting flowers,
Climbing water towers.
The smell of fresh dew on a crispy, moist sunrise,
Loving relationships devoid of lies.
Rain, pelting down on an iron, leaky roof overhead,
Warm coals, in a heap, burning red.
Kids full of innocence and energy,
A morning fog — pacing steadily.
Reading the paper, sipping a cup of tea,
Friends who just like to be with me.
Cooking, with a careful touch, pickles and jams,
Looking ahead and making plans.

Lyn Hale.

SEASONS

Autumn is the dry leaves falling from the trees
Leaving the branches bare
Covering the ground with brown, yellow and orange
Crunching, rustling, crackling
Beneath your feet
As you go walking through the parks.

Winter is snowflakes falling lightly from the sky
Covering the earth in a white blanket
Snowmen, mittens, ice skating, skiing
Drinking hot chocolate in front of crackling fires
Falling into your cosy, warm bed
Not getting up till late next morning.

Spring is new born baby animals
Freshly born lambs, calves, and chicks
Flowers shooting in tender grass
Fruit trees blooming in radiant sun
Picnics, garlands, bright new colours
Melting snow, fast flowing mountain creeks.

Summer is hot sand and surf
Succulent fruit dripping with juices
Salads and barbecues on hot summer nights
Cricket, tennis, swimming
Tossing and turning, yearning and longing
For the end of term and the fun of summer.
Sharon Herveen.

WHALES

Gentle giants of the sea.
Gentle giants floating free.
Drifting slowly through the blue,
wondrous sights for me and you.
Where once were hundreds of their breed,
now are few through human greed.
So spare a thought when you see one pass,
for the whale you see may be the last.
Stacey Dart.

MEN!!

You've greased the cake tins, the oven's on 'BAKE'
Flour, eggs and marg out you're making a cake
Then a voice from the paddock yells 'Can you give us a hand?'
So outdoors you hasten and for hours you stand
Holding on to the timber while he saws a bit off.
Then hang on to the fence wire, then help move a trough.
And hold the wood and pass the saw
And hang on to the tape while he measures the door
(Was it only five minutes he wanted me for?)
Now trudge back to the kitchen and brew the tea
'Ain't there no cake?' he sez, sez he!

Sybil Gray.

SPRING

A flower here,
A raindrop there,
A magic touch fills the air,
Gentle warm fingers caress our land,
Bringing forth the beauty at hand,
Sweet pungent odours fill our senses,
And the sky seems bluer than it's ever been,
Our bodies feel warm,
Our hearts are light,
As we feel spring in the first warm night,
Young hearts look toward the setting sun,
With a wondrous joy of things not known,
But yet to come.

Glenda.

KIDS PAGES

Dear GR Kids,

Holiday time again — and I'm so happy to be home. I hope you're all having or have had a great holiday — I've been looking forward to it for weeks.

We visited the Melbourne Show the other evening to see our turkeys and chooks. There were so many chooks there it was unbelievable, and the noise . . . My favourites are still the Silkies and we saw the most fantastic one, it looked just like a puff of cotton wool. But although the poultry are interesting I still like the Animal Nursery best. The little animals are so adorable I immediately want to own them all and I always have to be dragged away.

I've had a couple of days over at Kerry, my old school friend's place, she was on the cover of GR 57 with me. We had a riotous time on the ride on mower cutting wierd and crazy patterns through the paddock. Tomorrow I'm off to Melbourne with Megg for my dental checkup and a splurge, and Melanie my room mate from boarding school is going with us, so that should be fun too.

I love coming home, the cats are so glad to see me, the budgie seems happy and it's nice to be able to help Megg do the chooks and listen to David rave on about his cattle. I also love rediscovering the delights of fresh salads — boarding school food becomes rather monotonous, forever meat and three vegies.

The highlight of my hols so far was when Megg placed three newborn Silkie chicks into my hands to look after. They snuggled into the large, warm interior of my pockets while I crept around in fear of disturbing them. When Megg fixed up a coop for the mother hen we were able to give them back to her. They're so gorgeous, all funny colours and little feathers on their legs already.

The next time I write for the Kids Pages I will be a teenager. I can hardly wait for my birthday and the only disappointing thing is that it falls on the first day of term and so I'll have to celebrate it at boarding school and not home. I'm so excited I'm crossing the days off.

I'll have to stop now.

Love Suni.

Oops! We Made a Mistake

Did you find the awful, terrible, horrible mistake we made last issue? Well, in Mum's Peanut Bikkies we made an error and typeset ½ cup of wholemeal flour instead of 1½ cups. Hope you didn't make up the recipe only to find the mixture dribbled and ran all over your baking tray.

BOOK REVIEW

Pets for Kids by Joanne Casey.

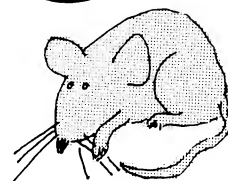
This is an ideal book for children who want a pet or would like to know more about domestic pets in general. It talks about a variety of animals which are suitable for children and gives suggestions on how to choose and look after the pet of your choice. It also contains activities and check lists for children to do and information on endangered species, animal welfare agencies, books to read and places to visit.

It is inexpensive, educational and fun and my only disappointment with it was that it overlooked both chickens and ducklings as suitable pets, although it does carry illustrations of them.

Available from *Grass Roots* for \$5.50 posted.

MOUSE

*Mouse
in the house
on the kitchen table
darting
hiding
peeking out
to see who's watching
between the jars
for shelter
running helter skelter
when I come close
leaps
across a five foot space
landing on his toes
against the garbage tin
flattened nose
escaping.*



Pam Skilton.



COCK OF THE WALK

*Our young Bantam rooster, white, ginger and red,
With a beautiful comb on his elegant head,
Struts as he orders the Leghorns around
And gives worms a hard time when they venture above ground!
He and his family live like kings,
But he will dig my petunias and most other things
I am trying to grow, wish he'd eat grass instead,
If he's not very careful I'll chop off his head!*

Florence Myers, Central Coast.

Why do birds in a nest always agree?
Because they don't want to fall out.

COOKS CORNER

Echidna Biscuits

- 1 egg
- ½ cup warmed honey
- ¾ cup wholemeal SR flour
- ½ tsp pure vanilla extract
- ¾ cup almonds, cut into slivers



Beat egg with honey and vanilla in a medium sized bowl. Add flour to the liquid ingredients and mix well. Put teaspoonfuls onto a greased scone tray leaving room for the biscuits to spread a little during baking. Press almond slivers into the unbaked biscuits, so they resemble a mini-echidna. You may like to add currants for eyes.

Bake for about 25 minutes at 160°C (325°F). When cooked leave to cool on a wire tray.

SIMPLE GIFTS TO MAKE

Make a Clove Orange or Two

These are simple and easy to make, lots of fun, and great as gifts for aunts and grandmothers.

You will need:

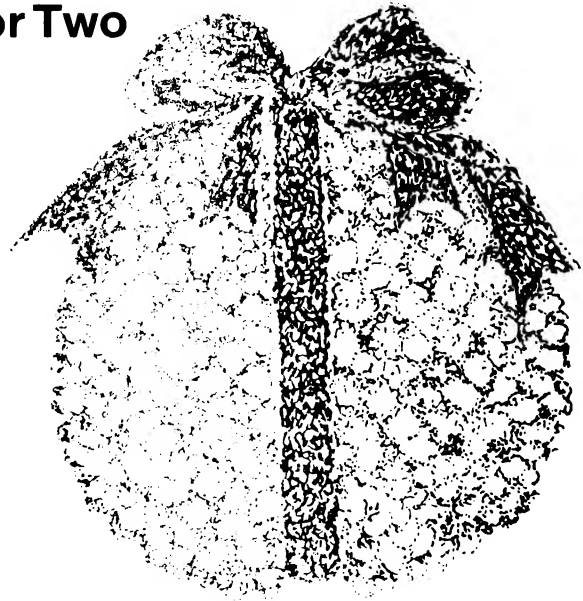
- medium sized orange
- one or two packets whole cloves
- small amount of cinnamon and orris root powder
(you can get this from the chemist)
- ribbon to decorate

- Choose a shoe box and open one of the packets of cloves into it.

- Select a ripe, firm orange, wipe dust off with a cloth and then begin pushing the cloves into the peel pointed end first. It's more fun if you're making them with a friend, because this part takes time and can become rather boring. You can come back and do little bits at a time for one or two days. After that it becomes difficult because the orange starts to shrink and harden.

- How close should the cloves be? They don't need to be touching — just a little space between should be fine.

- When the orange is entirely covered with cloves pour the cinnamon and orris root powder into a plastic bag and gently place the orange in it. Shake it carefully around so it's completely covered with the powder mix. Remove from plastic bag, pat off any excess, and put your clove orange aside to dry. The shoe box would probably be an ideal place to leave it.



- Look at it in two-three weeks time and don't be surprised if it has shrunk considerably. When it has totally dried out, which may not be for several months, it will shrink to nearly half its size and the skin will become leather hard. You can decorate it with ribbon after a couple of weeks and give it away as a gift and it will finish its dehydrating process in aunty's wardrobe.

Fruit or Vegetable Prints

You have probably already learnt to do potato printing but have you tried fruit printing? You could use it on little gift cards or decorate pieces of butchers' paper or brown paper to make attractive gift wraps for birthdays and Christmas.

You will need

- fruit — apples are easiest, or pears, lemons, oranges
- poster paint and paintbrush
- paper or cards
- knife, and several saucers

- Cut the apple (or other fruit) in half, being careful to keep the seeds in their right place. If you don't feel confident of cutting cleanly through the apple — and cores can be tough — ask an adult to help with this part.

- Choose a colour from your paint set and pour a little into a saucer. Spread it around with the brush. Press the cut side of the apple into the paint, you may need to do it several times.

- Press onto a piece of spare paper to practise and try out different patterns. As soon as you feel sure of how to do it start on your cards or wrapping paper. Dip into the paint after each press.

- Put the paper aside to dry.

- Don't forget to clean up after you.



ON BUTTERFLIES

*I saw a butterfly all gold and black
With silver dewdrops on its back!
I saw a butterfly two shades of blue,
Like skies in the shimmering summer's hue!
I saw a butterfly like fawn tweed cloth
Oh dear me. . . I believe it's a moth!*

Florence Myers, Central Coast.

While the Billy Boils.....

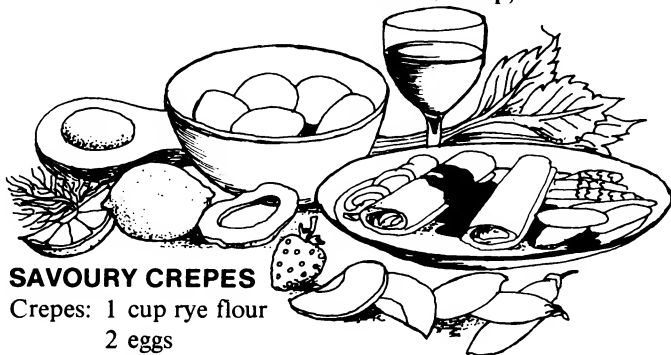
When the spring sunshine floods into the kitchen we madly desire to eat outdoors. Try your hand at creating something different with the menu tomorrow, load up your plate, grab a glass, head for a sunny spot and bask in its glory.

GREEN VEGETABLES

- 1 bunch fresh asparagus
- 375 g green beans
- 200 g snow peas

Tail beans, trim ends from asparagus and rinse, place in a large saucepan together with 1 cup water, cover and gently simmer until asparagus is tender. Remove vegetables from water to drain. Put snow peas into the boiling water for 1 minute then drain. Combine all hot drained vegetables and toss in butter before serving. Use a sprig of fennel as garnish.

Mona Jessop, Pittsworth.



SAVOURY CREPES

Crepes: 1 cup rye flour

- 2 eggs
- 1 dsp butter
- 1¼ cups milk

Filling: 2 ripe avocados
¾ cup plain yoghurt
2 sticks chopped celery
1 cup toasted almond slivers
2 cups grated tasty cheese
2 tsp crushed garlic
¼ cup chopped chives

Sauce: 5 medium ripe tomatoes
1 onion
1 tsp crushed garlic
1 med capsicum
½ tsp ground cumin
extra 1 cup grated tasty cheese

First to make the crepes sift flour, add eggs and milk and beat until smooth let stand for ½ hour. While waiting peel avocados, remove stones and mash. Mix with yoghurt, chopped celery, almonds, cheese, garlic and chives and put aside. For the sauce chop tomatoes, onions and capsicum small and puree with cumin. Now make the crepes. Melt some of the butter in a frying pan, pour in enough batter to make one crepe and swirl around to lightly cover base. Cook until each side is golden brown and remove. Continue until all the batter has been used. Spoon 1 tablespoon of filling onto each crepe and roll up. Cover the base of an ovenproof dish with sauce and arrange filled crepes on top. Pour remaining sauce over the lot and sprinkle on extra cheese. Bake in 180°C (350°F) oven until cheese has melted.

Laura Matthews, Yeoval.

SEED TERRINE

- 4 sticks finely sliced celery
- 1 large chopped onion
- 3 cloves garlic
- ½ tsp marjoram
- 3 eggs
- 250 g pkt cream cheese
- 4 tbsp sesame seeds
- 5 tbsp sunflower seeds
- 1 lg cup rolled oats
- ¼ tsp vegetable salt
- dash cayenne pepper

Saute celery, onion, garlic and marjoram in oil until celery is soft. Beat eggs and cheese. Toast seeds over low heat in dry pan. Mix all ingredients together. Put in greased loaf tin and bake in moderate oven for about 40-45 minutes.

Lynne Hume, Footscray.

WOORAGEE DAMPER

- 3 cups stoneground wholemeal S/R flour
- 1¼ cups warm water
- 1 tsp honey
- 1 dsp butter

Melt the honey and butter in the warm water. Place flour into a large bowl and make well in centre. Pour warm liquid mixture into the well and combine together. Knead dough lightly for 2 minutes on a floured surface until it is smooth. Now put dough into an oiled and flour dusted loaf tin and leave to rise in a warm place for ½ hour. Cook in a preheated oven at 220°C (425°F) for ½ hour.

This recipe can be varied in many ways. Try adding dried fruits for a sweet bread or even caraway seeds or nuts for a special flavour.

Kevin Williams, Wooragee.

TOFU CHEESECAKE

- Base: 60 g (2 oz) butter
120 g (½ pkt) wholemeal shortbread biscuits

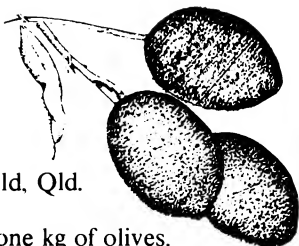
Melt butter. Crumble shortbread with hands. Add melted butter and press into a greased 8 inch dish to form biscuit base.

- Filling: 500 g tofu
1 cup yoghurt
juice and rind of one lemon
2 tbsp arrowroot
½ cup honey
maple syrup
cinnamon

Blend tofu, yoghurt and honey. Add juice and rind of lemon to blended mixture. Add 2 tbsp arrowroot. Pour mixture into dish, sprinkle cinnamon on top. Cook for about ½ hour in moderate oven. When cooked, cool a little and pour maple syrup over top and let soak in. Serve cooled.

Lynne Hume, Footscray.

PICKLED OLIVES



by Elaine McDonald, Fairfield, Qld.

Ingredients are based on one kg of olives.
You will need:

Fat juicy green olives — available in Brisbane from March to April.

2 small to medium lemons — slice very thin; include rind but exclude pips.

6-8 garlic cloves — peel and chop very fine, or crush. Garlic is to taste; be brave, the more the merrier, within reason of course.

Oregano leaves — with fresh oregano use the stems as well. Chop very fine; if using dried oregano leaves then just crush them.

Salt to taste.

Olive oil is optional. Italian or Greek is the best.

Fresh water.

2 x 1 litre jars with screw or spring caps.

WAYS TO PICKLE OLIVES

by John Meredith, Thirlmere, NSW.

TO PICKLE BLACK OLIVES

Cover the olives with a solution of 100 g caustic soda in 5 litres water; leave for 48 hours, no longer. Use a wooden disc to keep them submerged. Drain and cover with fresh water. Change water night and morning for 7 days. Cover with brine solution (250 g salt in 5 litres water) for 7 days. Drain and cover with fresh brine — 350 g salt in 5 litres. Stand for 7 days. Drain again. Pack the olives in jars, stand them in hot water, and fill with boiling brine (350 g to 5 litres), and seal.

TO PICKLE GREEN OLIVES

1. Method using caustic soda. Cover the olives with a solution of 100 g caustic soda in 5 litres of water. Stand 15 hours. Drain and cover with fresh water. Change the water night and morning until the water runs off clear. Pack the olives in sterile jars and cover with hot, but not boiling brine — 1 kg of salt in 5 litres of water. Seal.

2. Method without using caustic soda. Use fresh, plump, unbruised olives. Put them into a glass, enamel or stoneware container and cover with water. Place a cloth and a weighted plate on top to make sure all the fruit is submerged. Change the water daily for 5 days. Make up a brine of 125 g salt in 4 cups water and 1½ cups vinegar. Pack the olives into glass jars, cover with the pickling solution then seal with a light film of cooking oil. Screw lids onto the jars and store in a cool, dark place for 2 or 3 months before using. If they are too salty, soak overnight in water before eating.

Reprinted from *The Householders' Compendium*, a book of handy hints, recipes and practical advice, available from Night Owl Publishers for \$10.50.

Further information on olives can be found in GR 6, p. 2 — Preserving Olives.

Olives need to have the skins and flesh opened to allow the leaching of bitter properties. This is most easily achieved by placing each olive on a board and hitting it firmly with a bottle. Retain the seeds — you'll find they are great to suck after the olive is eaten.

After cracking, place the olives into a bowl to two-thirds of the bowl's depth. Cover the olives with plain water and stand the bowl in a cool dust-free place for 24 hours. Pour off the water and replace it with fresh. Repeat this procedure three more times at 24 hour intervals. Total soaking time is 4 days. The olives will begin to ferment so there will be bubbles in the water. Dark patches will appear on the olives.

Prepare the pickling herbs. Drain the last water from the olives. Layer the olives with the herbs and salt. Pour olive oil into each bottle to about a quarter of its depth. Cover to the top with fresh cold water. Seal the bottle. Allow the olives to rest quietly in a cool dark place for a minimum of two weeks.

Open a bottle and check the taste. Olives should be crunchy but not bitter. The pickled olives will keep for about six months before they begin to soften. Assuming they stay in the bottle that long!

CRYPTIC GRASSWORD

Continued from page 53

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GR



THE GREAT TAKE-OVER

making a flower garden where fairies fear to tread by befriending the irrepressible self-seeders

PART II

By Lolo Houbein, Bridgewater, SA.

Our previous issue looked at the hardiness of flowers and discussed their soil requirements, making compost from available materials, preparing soil for planting and the needs of young seedlings.

In order that the plants can selfseed you have to provide for more fine mulch between the drills and wet it for seeds to germinate. This happens at the end of summer. Lay old animal manure, compost and/or straw between your plants. When plants are spent, cut them off at groundlevel and lay them on the mulch, or put them in the compost heap.

During the following winter months there may be little to be seen, but as soon as the next spring comes around, the start of the second year of the great take-over of the selfseeders, you will have a dramatic increase on your hands. At this point visitors are apt to say: 'I would watch that borage if I were you. It takes over!' Just smile, remember the amount of plant fibre the spent borage provided last season for your poverty stricken soil, how shallow its roots are if you want to pull it up at all, and how few its needs. Mention to the visitor that you eat it in salads and as a steamed vegetable and can't live without the blue stars it sports for flowers.

In the second spring dig up seedlings that went astray and use them to fill up holes in your border or bed. Feed during the growing season with a liquid seaweed fertiliser or the like and tuck in fresh mulch between the plants. Next autumn, repeat the manure and mulch act, wait for the third spring and this is what you could see rearing up in the first warm rays of sun when the clouds lift.

At the rear of your wide border or in the middle of your bed there tower the golden faces of evening primroses, their raggedy pants hidden by the leafy green of borage with its thousands of blue star flowers. Spreading their light-green rosettes in front of the borage are valerians with their white and cerise dome-shaped flowers. Sprinkled between these three are a few seeds of anise and coriander (edible herbs) both with fine lace-like foliage and bobbing little parasols of white and whitish-pink. Their seeds are used as spices. There's another wonderful company of white lacy umbels later in summer. Don't tell anyone, it's a carrot gone to seed!

Flanking the valerians is shungiku, the Chinese edible daisy of the chrysanthemum family (flower and leaf, soups, salads and stir-fries). The flower is golden yellow, the leaves bright green and fleshy. These are offset by *Calendula officinalis*, the ordinary, hard-to-beat marigold (salads) and feverfew (white/yellow centre, insecticide). Sprinkled between these three, to alleviate the glitter of all that gold, is love-in-a-mist (*Nigella*) which carries vivid blue stars of an inch or more in diameter. Also chamomile is seen drifting in the crevices between plants; use it for tea.

Next in the descending order there is a row of nasturtiums adding lemon, orange, rust, red and brown and producing

edible leaves, flowers and seedpods (pickle in vinegar). The edging is formed by white alyssum and heartsease (*Viola tricolor*) or the white and purple native violet (*Viola hederacea*). Tuck some Chinese chives seeds in the edging for white starry flowers in late summer, and/or ordinary chives for their mauve punk hairdos at the same time. You can prune both for salads and soups before they come into flower.

All these selfseeders love full sun, most flower from early spring until Christmas and several carry on into the summer, with quite a few spring flowering ones coming back in autumn as soon as the heat is tempering. All are tough, but that doesn't mean they don't want some care. It means that if the climate got the better of you and them, they may not be lost forever, and with rain, mulch and a loving eye cast their way, they'll return to try again.

In autumn sow sweetpeas among the tall plants, so they can climb up and add fragrance and delicate pastels to the display. For a different colour scheme add poppies and cornflowers to patches of white flowers. When the soil becomes more friable, seed phloxes, honesty, foxglove, columbine and mulleins in late summer for spring growth. And tuck in a few bulbs of snowdrops, daffodils, grape hyacinths, autumn crocus and lilies or tubers of ranunculus, iris, tuberose and cowslip rootings, or whatever you can scrounge from friends with established gardens, because these plants are multipliers and people split them up periodically and are glad to give some away. Bulbs and polyanthus flower early in spring, ranunculus next, while lilies, iris etc. take over late in spring or early summer.

If you do an initial early spring sowing, in the same drills as before, of the following, you'll have a summer display to carry you into the glories of autumn: amaranth (wine-red foliage edible as spinach, the flowers are velvety drooping tails full of seeds), stock, cosmos, mirabellas, Chinese gooseberries (a fine self-seeding fruit with edible berries encased in paper lanterns) and wallflowers. The latter is a low-spreading bush and flowers three quarters of the year with a pruning in between. Portulaca, a multi-coloured mix of tiny succulent plants, goes on and on in the edging. Ladies' bedstraw is a lovely green ground cover for particularly bare patches (but don't withhold mulch and care) and will send up golden plumes of honey fragrance in summer. If you're a cheese maker, use it as a rennet; if you spin, as a dye. The woolly mullein (*Verbascum spp*), which is a biennial plant, is sending its spire to the heavens in the second year, flowering bright yellow and making sure there'll be scores of seedlings when she lies spent on the bed of mulch next season.

If you like order and pattern, draw a plan, so that you know the tall spires will be at the back or in the middle, the groundhugging ones up front. If you like things wild, mix all the seed in a plastic tumbler, shake well, and sprinkle thinly in your trenches. You may have to do some transplanting in this case, to help crowded plants to survive.

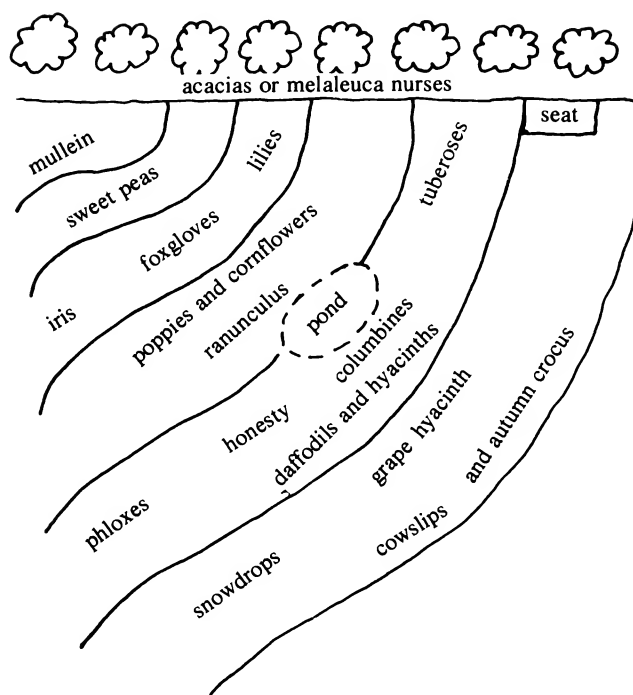
For more autumn colour, dig and fill holes in spring and plant chrysanthemum roots, dahlia tubers and autumn crocus bulbs. They grow through summer, adding foliage to your garden and flower just when other things begin to bed down for winter. For tiny, evergreen hedges, sow salad burnet, those lacy, eminently edible one foot high cushions.

When your mulch and manure layer is turning into several inches of topsoil, you can plant lupin seed (Great Russell Lupins are everyone's favourites). The seedcoats are hard and may need soaking overnight in water you pour on just off the boil. Lupins form two-foot wide clumps. By now the conditions are ripe for shallow rooted plants which grow easiest by root division, although you can also buy the seed: dyer's chamomile (creeping dark green foliage and golden flowers), tansy (tall green ferns with golden buttons) and yarrow (spreading groundcover of darkgreen ferny foliage with tall flowers in white and mauve through summer — makes a wonderful tea of medicinal value). Also suitable at this stage are the hardy, groundhugging verbenas which flower spring to autumn in white, pink and mauve. They can be propagated by standing a heeled cutting in a ceramic pot with water for a few weeks, where it will grow roots. Fuchsias will do the same (but need shade outside) and so does kangaroo apple (*Solanum sturtianum*), a most elegant native shrub with dark-green elongated leaves, bright mauve flowers with yellow hearts, followed by berries green, yellow and orange, depending on state of ripeness. Kangaroo apple also selfseeds and although it is no problem in my garden, it may be in some climates. If it is, you could do worse then settle for a garden full of kangaroo apple, it has colour in three out of four seasons!

It is the eternally optimistic outlook of the selfseeders which provides the start for a flower garden which eventually makes its own mini-climate, stops the gardener from giving up, and can incorporate almost any perennial that takes your fancy, after a few years of the mulch and manure routine. Even though a few inches down there's still yellow clay, the density of selfseeders and their large donations to mulch and compost, provide shade, moisture and windbreaks for other plants. The selfseeders are pioneers and survivors. So they take over! Isn't that better than bare ground without soil, foliage and flowers? Be sure to leave an earthen path uncovered nearby, to point out to visitors: 'That's the sort of soil I started with.' They'll make admiring noises, bring you cuttings and call you greenfingers. Accept their praise. You deserve it for digging the holes!

Three more points. Firstly, each area has its own wild-flowers that grace banks and fields and amongst these there is bound to be one which is very attractive, seeds itself, but does not become an absolute pest. Consider inviting it to become a permanent resident in your garden. In mine I have chicory and scabious, both abundant in the locality. They are easy to control. We eat young chicory leaves in salads and before one

Second Spring Chart (plants tucked in later)




or two go to seed their brilliant blue flowers tower above an old treestump. The scabious, or pincushion flower, comes in all shades of pink, lilac, mauve and wine red, blends well with my herbs and flowers and blooms all summer.

Secondly, consider digging a slight depression among the flowering plants to make a little pond. For lining you can use sturdy plastic held down by stones, or just an old washing bowl that you tip out a few times per year to refresh the contents. The water evaporates and creates humidity for your flowers, the birds will find it to their joy and the frogs croak their pleasure at night . . . not to mention the fairies! Water is the life of a garden and these small ponds require little upkeep.

Finally, 'plant' a few seats (a log, a barrel, a boulder) in or near your flower garden, so that after a hard morning's slog in the vegie patch you can rest your frame and feast your eyes on the abundance of colour, the occasional miracles, the fine honeyed fragrances that rise up in the heat of the day and the endless perfections that flowers have to offer. Or perhaps you'll prefer to sit there at the magical hour of dusk, a fit moment to pay homage to the indomitable selfseeders who did most of the hard work that day and every day!

PREVENT SILVER FISH

The crumbled dried leaves of eucalyptus (*citriodora*), either in sachets or scattered in drawers, will prevent silver fish.



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MYTHS OF PEACOCK FEATHERS

Good Luck or Bad Luck?

by Bernie Hilse, Rockhampton, Qld.

People have always kept their eyes wide open and carefully observed all things around themselves. From ancient times onward questions were asked about a myriad of whys and wherefores. With the conviction that everything in life had a purpose and that there was nothing without cause. This, of course, applied directly to the sights, sounds and experiences that were out of the ordinary and therefore especially conspicuous. When they saw peacocks strutting about with their gorgeous tail feathers spread out, they felt that these countless eyes which never closed, must have been placed there for some significant reason.

GREEK MYTHOLOGY

Legend has it that the eyes of the peacock were those of Argus the hundred-eyed giant, loyal servant of the goddess Hera. She transferred the eyes of her servant to the tail of the peacock so that she would always have 'an eye' on Zeus, her unfaithful husband. The peacock became sacred to both the Greek and Roman civilisations, who treasured it as the guardian of their temples, wifely virtue and conjugal rights. Only priests were allowed to handle the beautiful bird and any other ordinary person doing so could be put to death for such a sacrilegious crime. Possession of even one peacock feather defied sacred tradition and therefore, to have such a feather at home would create bad luck. Even without the legend, the majestic bearing and glorious colours of the peacock would have caused the peacock to be seen as a sacred bird and a symbol of the Gods' never-ending vigilance and thus the bird became part of sanctuaries.



ANCIENT EGYPT

From the earliest recorded times, peacocks were part of royal collections. An old Egyptian legend has it that the Pharaoh's queen was jealous of her husband's best friend and asked for his head after the Pharaoh said he would grant her any wish she desired. The only way to extricate himself from this difficult situation was to offer his queen a white peacock, which she accepted. It is not surprising that the beautiful plumage made it a desired object for kings and the aristocracy, and to own a peacock became a royal monopoly. To possess even a small feather could only be as the result of a theft and the penalty for being caught with a feather was death.

Because of the peacock's assumed incorruptibility, the bird became a symbol of immortality and resurrection. This, in turn, led to the custom of the feathers being used at funerals, meaning that the deceased person was not really dead, the spirit survived and eventual rebirth was assured. It was even thought that the presence of the feathers actually helped the dead person in the life hereafter. This custom had a side-effect. The feathers now became closely linked with death and people, forgetting the original association with immortality and rebirth, started to dread the presence in their home of peacock feathers as they spelled death; they were no longer an assurance of life everafter but an omen of doom. What a perfect example of how ignorance of the original reason and cause can confuse people's minds and lead to misunderstandings and suspicions.

MODERN CHRISTIANITY

During the time of the persecution of the early Christians by the Romans, when the Christians were forced to practise their religion hidden in the catacombs, they decorated the walls with the motif of the peacock to express their new faith and belief in Christ's resurrection. Hundreds of years later, artists used the feathers in their ornamentation of churches to embellish or depict angels' wings. On the return of the Crusaders from the East, they brought with them feathers of the bird as treasured and venerated possessions. The Pope when borne in solemn procession has two attendants each carrying a huge fan (known by their original Latin term, *flabella*), made of peacock feathers or ostrich plumage on which are sewn the eye-spots. They became a symbol of the every-watchful eyes of the Catholic Church and the Pope. The fans used at Easter significantly carried the additional message of Christ's resurrection.

Through the centuries peacock feathers have been treasured, venerated or feared because of their association with death and rebirth. Perhaps we can remember these legends, while simply enjoying the feathers for their beauty.



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DISPOSAL OF HUMAN WASTES

by Ron Hawkins, Kookaburra Farm, Bowraville, NSW.

What to do with our doings is a subject we all tend to avoid and yet it is one of the most important decisions that back-to-the landers make. Lack of information can lead to environmental and economic mistakes, but we hope that after reading the article below you will be able to make an informed and well thought out choice.

One way in which rural life differs from urban life is that the rural dweller must take care of the disposal of the household's faeces and urine, or human wastes. However, we all know that you can't really 'dispose' of anything, and 'waste' from another vantage point can be a resource. In this article I will give some thoughts on turning potential pollution into a resource. First I'll give an introduction to the subject and describe how urban sewage systems work. Then I will deal with six methods of waste treatment that can be used on a rural property with extra emphasis on our own experiences here at 'Kookaburra Farm'.

THE IDEAL TREATMENT SYSTEM

The ideal treatment system should satisfy health, aesthetic and economic objectives, probably in that order. Urine is relatively harmless compared to faeces but can contain toxic chemicals being flushed away from the body, or infections of the urinary tract. Human faeces are largely the waste products of digestion but they contain various pathogens (literally 'disease producing') such as parasites, protozoa, viruses and bacteria. Through closeness, contact or such agents as flies these pathogens can infect nearby humans. The main requirement is isolation, including flyproofing, and although these pathogens probably don't survive well outside the human body, the longer the isolation lasts the better.

Aesthetic considerations could probably be summarised as smell, sight and sound and generally the less evidence of current or recent defecation picked up by any of these senses, the better most people like it.

Economic considerations revolve around the wastefulness of the waste treatment. The ideal system would require minimal inputs of material and effort to turn the wastes into a usable resource.

WASTE TREATMENT IN GENERAL

It is important to realise that natural biological processes are what we call upon to treat human wastes, be it in the large municipal sewage works or in our more modest installation at home. Bacteria do all of the work and the task is mainly to give them good conditions in which to do it. High technology is not required if one understands the processes involved. Biological decomposition can be divided into two types — aerobic (meaning 'in the presence of air') and anaerobic (meaning 'without air'). Now both types of decomposition could be occurring simultaneously inches apart in a toilet bucket for example, and the bacteria appropriate to each type of decomposition will flourish in their zone and reduce the wastes to simpler products.

Under anaerobic conditions (say in the bottom of a pit toilet or in a septic tank) there will not be much oxygen available and the end products of decomposition will largely

comprise gases that don't contain oxygen such as ammonia (NH_4), methane (CH_4) or hydrogen sulphide or 'rotten egg gas' (H_2S). These gases are smelly and will burn, and 'anaerobic digesters' or modified septic tanks are used for methane gas generation.

If the liquid waste from anaerobic digestion is discharged into a stream or body of water it will take oxygen from the water to combine with some of the bacteria and compounds that are seeking oxygen. This discharge would be said to have a high 'Biological Oxygen Demand' or BOD and could adversely affect plant or animal life in the water.

By the way in which both the liquid and gaseous products of anaerobic decomposition seek more oxygen, it can be seen that anaerobic decomposition is only a step along the way, and that final breakdown of wastes requires air. Aerobic decomposition is like burning, in slow motion, in that the wastes combine with oxygen and liberate heat. This heat can be considerable, as in a well managed compost heap.

URBAN SEWAGE SYSTEMS

About one third of the fresh water supplied to homes in Australia is used to transport the wastes of the inhabitants of those homes to a sewage treatment works. What happens there is typically as follows:

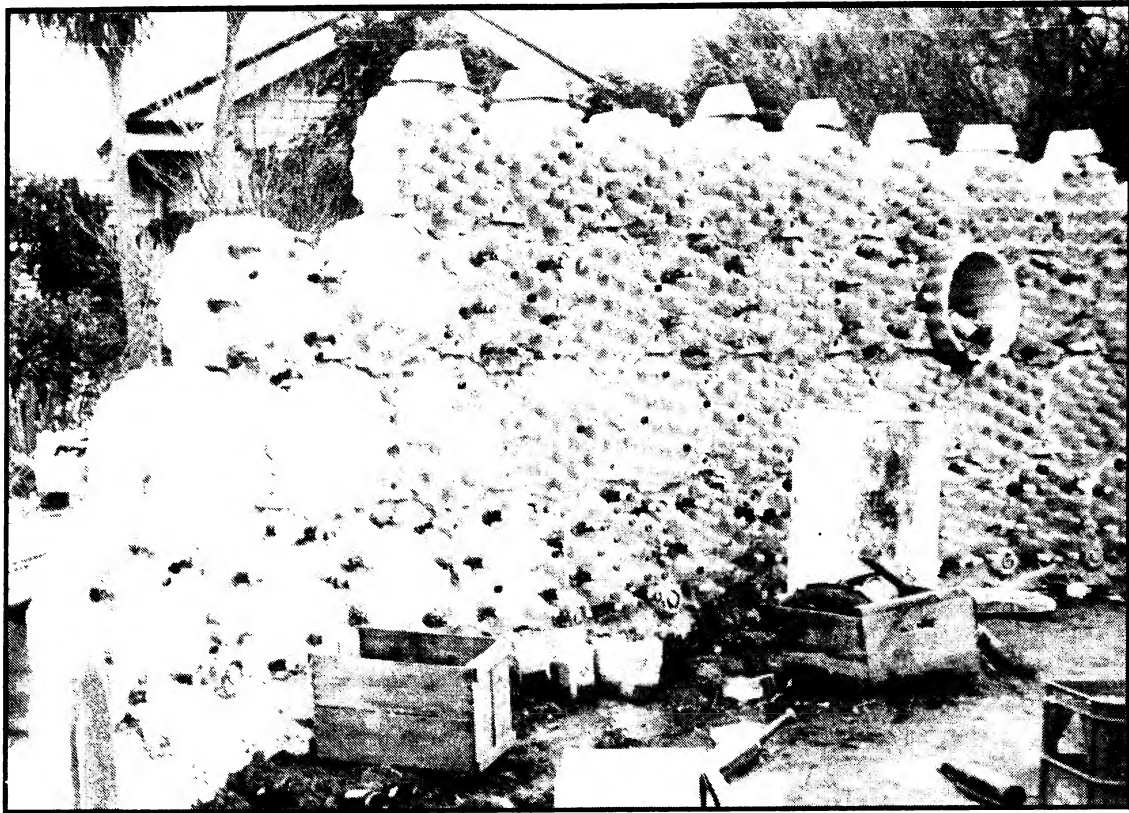
The sewage is churned up by paddles or blades to reduce the size of the solids so that decomposition can get to work on more of the surface. It may then pass through screens to remove extraneous items such as plastic bags or false teeth, and then to large tanks to allow sand or grit to settle out. The next stage might be a period in an anaerobic digester (like a septic tank) where sludge will eventually settle to the bottom and a relatively clear liquid will be drawn from a bit below the surface. This liquid will still have a high B.O.D. so it may have air bubbled through it or it may be allowed to trickle down through a big rock pile. The next stage is probably for it to spend some days in large shallow lagoons where sunlight and more air will work on it. It will then be discharged into a watercourse perhaps with a shot of chlorine to kill any remaining pathogens. The sludge from the anaerobic digester will be pumped out into drying beds of sand where it will dry to a cracked cake.

The materials in this sludge are the same sorts of things as make up humus in the soil. They are the parts of consumed plant or animal matter that is most resistant to breakdown, typically by-products of fibrous or woody matter such as lignins, waxes and resins. The Sydney Water Board presently produces over 100 tonnes of dried sludge every day and sells about 10 percent of this as fertiliser.

Part II will conclude with rural waste systems — septic tanks, composting toilets, pits, cans, worm toilets and disposing of urine.

A Cheap Building Material!

by Wayne Mein, Guildford, Vic.



Bottles are thrown away by the truckload — bricks are expensive. If cast into 500 mm (20 in) circles large bricks can be made from those disposable bottles. The mould is two sheets of galvanised corrugated iron held together with 6 mm ($\frac{1}{4}$ in) roofing screws. Four are used — two have wingnuts to allow the mould to be peeled off. A mould the height of the body of the bottle is best and 1.25 litre throwaway bottles are stacked in two circles around a central bottle or 1.25 litre bottles and 750 ml bottles are stacked around a 2 litre flagon as shown in photo 1.

After this has been done coloured sand is sprinkled in and wetted to stop the sloppy mixture of 6 parts sand, 1 part of brightoulite cement and 1 part of lime going under the bottles. A loop of new galvanised fencing wire is then pushed between the outside circle and the mould, any excess cement is washed off and all is let rest for a couple of days. It is important that the temperature is above 3°C (37°F) for a good strong mortar. It is also best to use a power driven mixer as it produces a more even mixture.

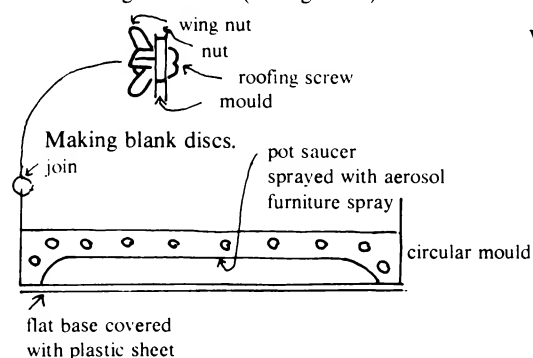
Blank discs are made, if required for the bottom of a wall, for example, by first putting down a pot plant tray, the mould and then mortar, old broken bricks or rocks and then more sloppy mortar. If you spray the pot plant tray with aerosol furniture polish first, it should stop the mortar mixture sticking to it. If cement still sticks to the tray, soak in dilute acid or proprietary mortar cleaning fluid. Hydrochloric acid is cheap but emits nasty fumes, so if possible use phosphoric

acid — it doesn't fume and if spilt on the ground will make your plants grow.

Depending on how much weight these discs are to take, you could use a mixture of 1 part cement to 5 of gravel and 1 of sawdust or, for less weight, 1 of cement, 3 of gravel and 3 of sawdust. The sawdust somehow aerates the cement when mixed in a power-driven mixer, making a very light disc. These are then placed back to back in the wall, leaving an air gap in between. Triangles to fit between the discs are cast in slotted boards with 2 mm ($\frac{1}{16}$) thick triangular steel dividers, and roof beams are held with perforated galvanised hoop iron.

For the foundations, wobbly footings are best. Wobbly trenches are dug — the reinforcing is made to wobble by cutting sections of straight reinforcing and wiring bars to this

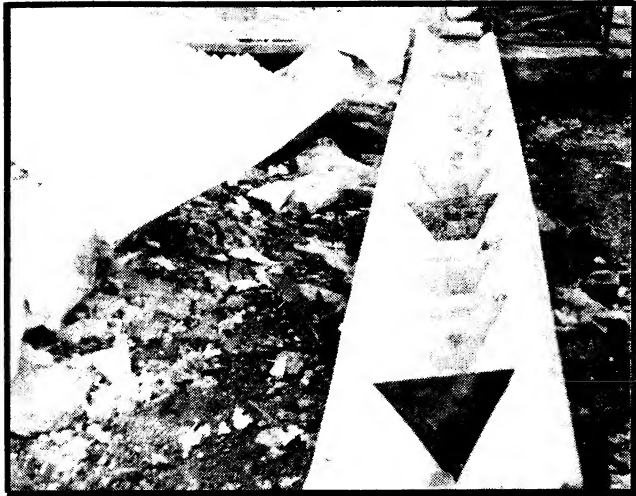
Fastening the mould (enlargement).



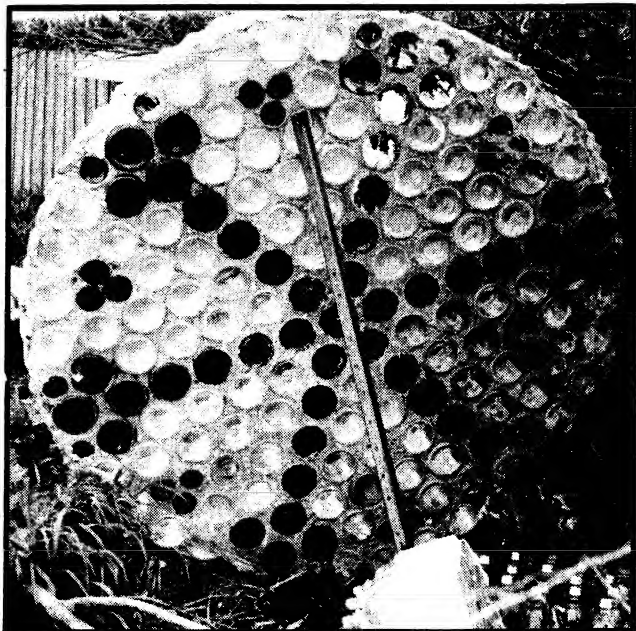
Wall section.



Bottles stacked in the mould, ready for the cement to be poured.



Slotted boards with steel dividers. Triangles to fit between the discs are cast in these.



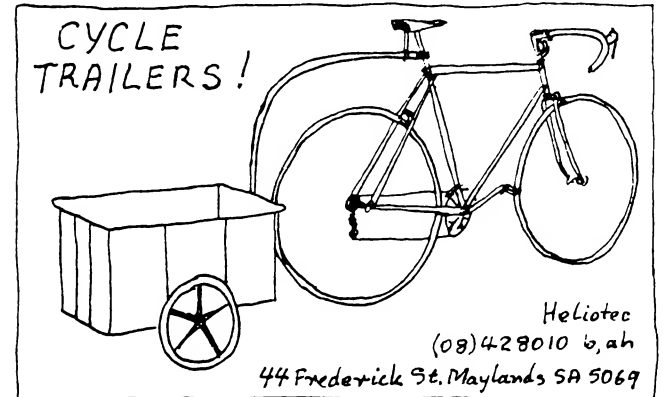
Create interesting patterns in larger discs. These must be poured over two days.

to allow flexibility. Wobbly footings worry building inspectors! Keep bars from the edge of the trench with bits of wood when you hang the reinforcing in the trench and pull these out when you pour the footings.

Large discs can also be made to put in a stone wall, as in photo 3. Pour these over two days — the first day's cement binds the bottles, the second fills the gaps. With a big diameter the bottles will float if all cement is poured at once. Leave the big ones to cure for a week for a stronger result.

Wash all labels off and use screwtop bottles — so that you can keep spiders out. Make triangles longer than needed to break an otherwise flat surface.

To design a building draw your last \$2 out of the bank as 1 cent pieces and stack the coins as you like. Good luck!



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Sri Chinmoy: Inner Roads to Peace

by Sammukh Sheridan, East Kew, Vic.

Sri Chinmoy believes that the only way to solve a problem is to treat its cause. 'If the inner world is inundated with peace,' he says, 'the nightmare of world war cannot even come into being . . . World peace begins within you.'

After twenty years of intense practice in meditation, athletics and creative pursuits at an ashram in South India, Sri Chinmoy came to New York in 1964 and established meditation centres to offer a contemporary form of spirituality. For the past 17 years, he has held 'Peace Meditation' for delegates of diverse backgrounds at the United Nations, Washington's Congress and British Parliament. His work has been applauded by various religious and governmental leaders, including Pope John Paul II and U.N. Secretary-General, Javier Perez de Cuellar.

'Try to change the world and you will fail. Change yourself, and lo the world has changed.' This is Sri Chinmoy's formula for establishing peace. To create abiding world peace, Sri Chinmoy believes that human nature must be transformed and feelings of separativity replaced by feelings of oneness.

One way in which Sri Chinmoy presents this spiritual dimension of peace, is by a global series of free Peace Concerts, designed to uplift his audiences into a realm of meditative and musical tranquility.

Many world-famed musicians, composers and conductors have been deeply moved by the experience of his unique music-creation, performed to packed houses everywhere.

On December 1st and 2nd, 1987, Sri Chinmoy will bring his 'cosmic fountain of stillness and profound energy' to the Sports and Entertainment Centre, Melbourne. For peace seekers and music lovers alike, it will be a rare opportunity to participate in a positive step towards peace, harmony and oneness through the universal language of music.

If you would like to reserve free tickets for the Peace Concert with Sri Chinmoy, either mail a stamped, self-addressed envelope to: The Peace Concert, 288 High St, Kew 3101, or call Dial-a-Concert: 03-813-1462 and 882-5437.

TAMING A COW'S TAIL

It is unpleasant to be hit about the head and face by a cow's tail whilst milking is in process. This can be easily averted by throwing a loop of heavy rope over the cow's tail and hips.

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ECKANKAR

You are warmly invited to join Sri Harold Klemp and the Australian chelas for an exciting weekend in Perth, Western Australia.

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At the close of each day, the Mabanta, the Living ECK Master, Sri Harold Klemp will share the subtle truths of Spirit in his unique and humorous way. We hope you will join us for this very special occasion.

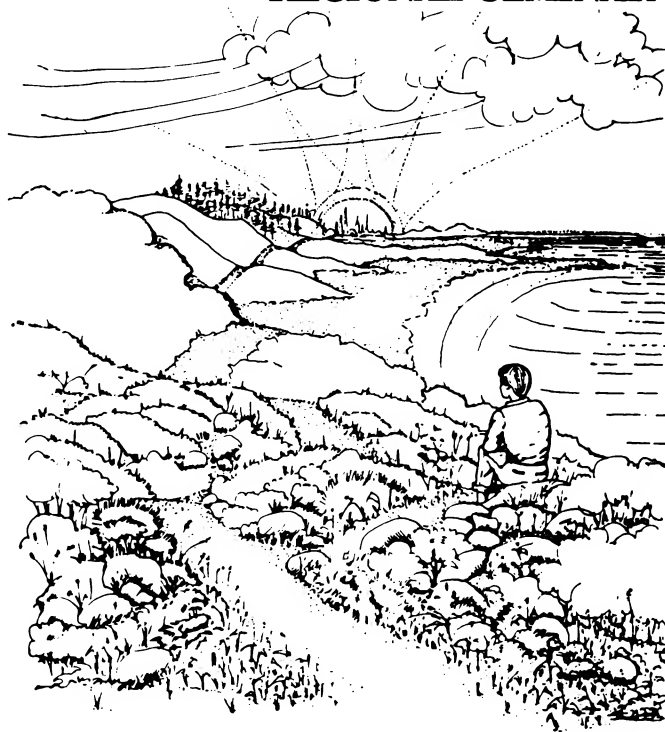
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GAME BIRDS

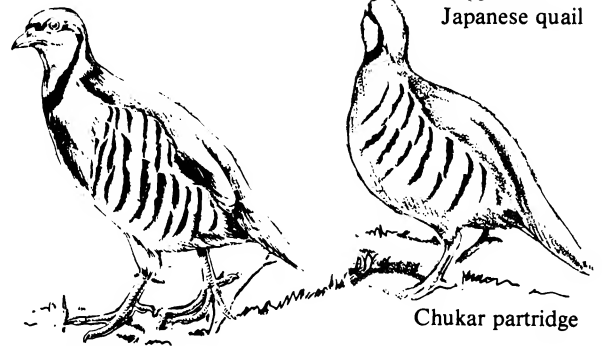
Choosing a Species for Backyard Production

PART II

by Megg Miller, Shepparton, Vic.



Japanese quail



Chukar partridge

This issue we continue our series on game birds by looking at three quite diverse species, the prolific laying and reproducing quail, the shy and little known chukar partridge and the aristocratic peafowl.

QUAIL

Quail are the smallest of the game birds and probably the least demanding to keep. They can be housed in an existing aviary or covered-in yard and with a little handling become quiet friendly birds. There are a number of varieties available in Australia, including about ten native ones, but the main domestic variety is the Japanese quail (*Coturnix japonica*). Bobwhite and Californian quail can sometimes be obtained and although larger birds than the Japanese they are generally aviary species. King quail are another variety people may be familiar with and are one of our native quails. Being tiny birds, they are widely used by bird fanciers to clean up spilt seed from aviary floors.

In many books the Japanese quail is referred to as the *Coturnix* quail which is the family name and may in fact cause confusion because there are a number of members of this group, including the Australian stubble quail (*C. pectoralis*) and the common or European quail (*C. coturnix*), one of the oldest domesticated birds. *Coturnix* quail as a group have a rich history. They were featured in Egyptian hieroglyphics in the pyramids and mentioned in the Scriptures in the Book of Numbers, 11:31. In Japan their domestication is said to go back as far as the eleventh century, when they were a popular pet and song bird. In America they were raised by the early colonists for meat and were often known as Bible birds because of its reference to them.

The Japanese quail available today from hatcheries are 140-153 mm (5½-6 in) long with the male weighing around 100-140 g (3.5-4.9 oz) and the female a larger 110-160 g (3.9-5.16 oz). They are a pretty bird, being a mottled earthy colour with dark stripes and light flecks which allows them easy camouflage in dry grass and crops. Occasionally plain colours or combinations of colours are available. Barring subtle differences, there is little marking or colourwise to differentiate the sexes.

Although commercially quail are kept in dim, deep litter sheds or multi-tiered battery type cages, they can be kept in aviaries or low fenced-in yards, depending on the number you wish to keep. Sources suggest birds require a minimum of 77 sq cm (12 sq in) of floor space per bird and up to 193 sq cm (30 sq in) will markedly reduce stress and potential cannibalism and minimise odours. If the birds are just a hobby with small numbers kept you could provide a grassed outdoor run for them. As with many of the game birds, quail when kept in close captivity have a tendency towards feather picking and scalping, however a judicious arrangement of sheaves of straw or hay and low canopies of dried grasses will give cover for nesting and protection from bullies and zealous cock

birds. Quail also have the ability to fly to the top of the cage and brain themselves if suddenly frightened, although I've never observed this in any birds I've kept. A false ceiling of hessian in sheds and loosely strung netting on yards will deal with this problem. Watch out too for mudballs on the birds' toes when they're kept outdoors — this can almost cripple them and lead to reduced eating and fertility.

Breeding quail are usually kept at a ratio of 1:3 or 1:5 and the latter is preferable because the male is a highly sexed bird. Hens are prolific layers, producing an egg of about 10 g (0.35 oz) which is cream coloured with dark speckling. They begin to lay at about 5-6 weeks of age and are capable of laying up to 250-300 eggs a year. Occasionally a hen will go broody and rear her own, but it is more common for eggs to be artificially incubated. It should also be possible to set eggs under a small bantam. Quail chicks hatch after 16 days incubation and are unbelievable tiny. They can be raised under lights but care has to be taken that they don't drown in water containers or fly out (they are an early maturing bird). Sexing is extremely difficult and probably best left until the onset of maturity. Males make a gurgling call and their vent when gently squeezed produces 'urinal foam' balls, and hens should be slightly larger birds.

Feed quail turkey rations in the form of crumbles, as they require a high protein intake, or mixed semi-crushed grains.

Partridge

The chukar partridge, a game bird that roamed the plains of eastern Europe and Asia is the variety most commonly kept in Australia. Attractive looking, there is nothing in their colour to distinguish the sexes apart. They are ash grey with a distinct black band running across the forehead, through the eyes and meeting in a V shape down the neck. Feathers are close and smooth. Beak, legs and feet are orange-red. Males weigh around 650 g and hens 530 g.

Being an aggressive bird by nature they are best kept either in pairs or a one: three ratio although references suggest that up to fifteen breeding pairs may be kept together provided there is adequate room. An outside pen system is the most humane, where cereal crops can be grown or a range of small, shrubby bushes established. When one pen becomes over-

worked birds can be herded through to a fresh one. Chukars are ground dwellers so lay their eggs on the earth under bushes. For this reason pens should be rodent proof and be located on sandy soil where water can drain away.

Hens lay from spring through to early summer, with a clutch size of between 8-21 eggs. Average number of eggs for a season is around 30 although under intensive conditions and with selected stock hens can lay up to 100-120 eggs. The mating season can be recognised by ruffled and pulled neck feathers on the normally smooth feathered hen. Breeding stock need to be fed a turkey grower ration supplemented with oyster shells. Males maintain peak fertility for 10 weeks then decline significantly, so birds should be well established in their relationships and in their environment, and be fed a breeding diet at least a month before the anticipated breeding season. Eggs take 24 days to hatch. Hens rarely go broody so most eggs are incubated artificially or under a fowl. Chicks are very small so particular care needs to be taken to ensure they can't get through the wire mesh in houses nor drown in their water container. Feed turkey starter for the first six weeks, then grower rations. Being game birds, the chicks are aggressive and will become cannibalistic if overcrowded in brooder and growing sheds, or if there is insufficient protein in their diet. Bales of straw to pick at and green feed help relieve boredom. Although small numbers are frequently kept as aviary birds be careful to ensure that other species run with them have access to protection if necessary. My pair of partridge killed numerous Coturnix quail, possibly because they were both ground dwellers and competing for nesting space.

Peafowl

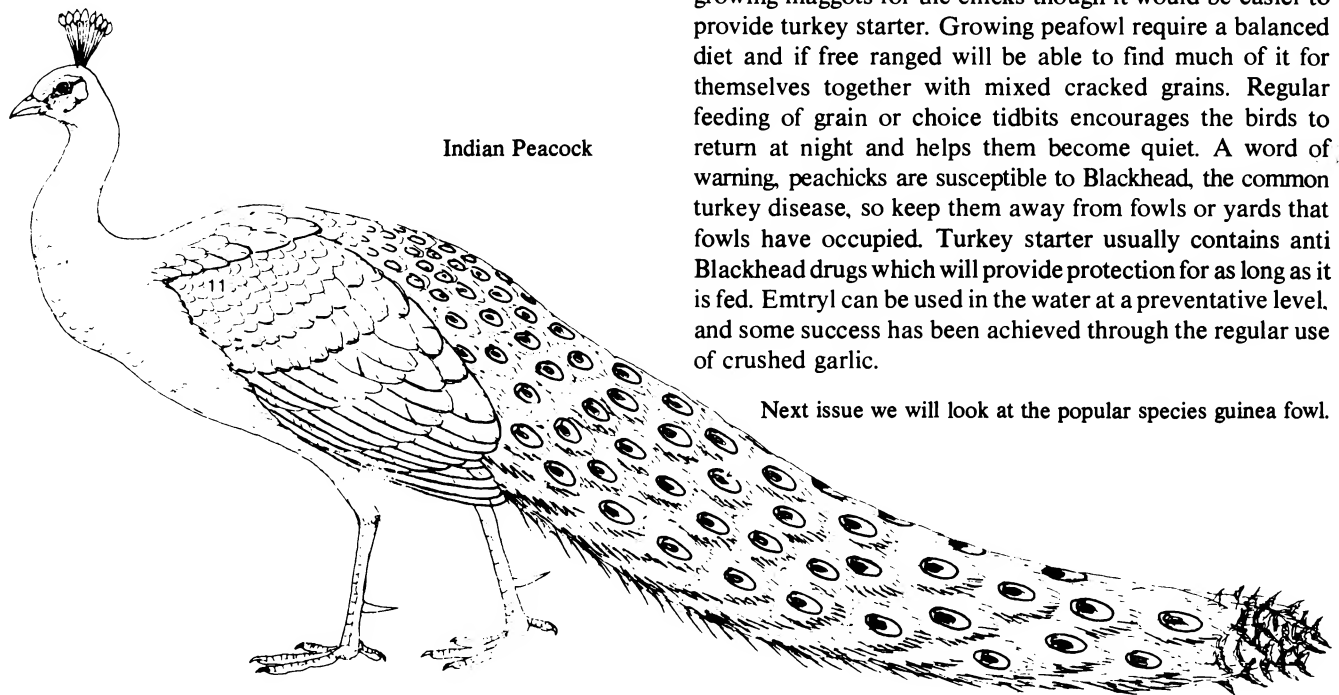
These are an ancient, ornamental breed that originated in Asia and can be found throughout most of the east, including India. There are two species, the most common in Australia being the Blue or Indian peafowl. The male is typified by iridescent blue shoulder and neck feathers, black-buff wing coverts, dark crest and of course, a splendid tail which

increases with age until about the sixth year. The peahen is brown with metallic green upper back and chest, white face green edged crest and a short plain tail by comparison with the male. Peachicks are a light freckled brown with dark barring and small crests like the adult. Varieties of this species include the *white* and the *pied*. The other species is the Green peafowl which is quite rare in Australia. It can crossbreed with the Blue or its varieties

Peafowl are not suitable for the suburban dweller because of the harsh screams the male makes, usually at sunset and sunrise! Peahens can also be noisy, ours flying over the roof at dawn each morning to converse with a male quarter of a mile away. They are destructive in the garden, eating seedlings and vegies and can be of uneven temperament, harassing other species of poultry and occasionally an aggressive male will chase and attack people. They do best roaming in a large, heavily treed garden but can be successfully kept in confinement. A large, high covered yard is needed to allow room for the male to display his tail. Shelter from the wind and ample perching is also required. Free ranging peafowl are excellent flyers and will find a high, safe perch in trees provided their wings haven't been clipped.

Up to six hens can be run with a male though hens don't usually begin laying until their second year. First clutches are small, up to five eggs but mature hens will lay up to a dozen eggs. Hens are said to be capable of laying up to 20 eggs in a season provided the eggs are removed daily. Nests are hollowed out in the ground under bushes though hens also seem happy to seek out seclusion in agricultural sheds and haystacks. The laying season commences late October so birds should have either turkey or fowl breeder rations for the preceding month. Poorly fed breeders produce weak chicks with hatching problems. Incubation takes 28 days with most peahens being excellent sitters and mothers. Chicks in the natural state would be fed all kinds of insects and worms so require a high protein diet. One friend provided this by growing maggots for the chicks though it would be easier to provide turkey starter. Growing peafowl require a balanced diet and if free ranged will be able to find much of it for themselves together with mixed cracked grains. Regular feeding of grain or choice tidbits encourages the birds to return at night and helps them become quiet. A word of warning, peachicks are susceptible to Blackhead, the common turkey disease, so keep them away from fowls or yards that fowls have occupied. Turkey starter usually contains anti Blackhead drugs which will provide protection for as long as it is fed. Emtryl can be used in the water at a preventative level, and some success has been achieved through the regular use of crushed garlic.

Next issue we will look at the popular species guinea fowl.



Indian Peacock

GREENHOUSE MANAGEMENT

Part II

by John Mason, Lilydale, Vic.

Greenhouses are used to control the environment in which plants grow. The environment is extremely complex though, and there are many interactions between the different aspects of the environment. The amount of light allowed to get to plants might affect the temperature. If you close the vents or doors of a glasshouse, you may stop the temperature from dropping, but at the same time, you may be changing the balance of gases in the air. Every time man interferes to alter one thing, he ends up altering a number of things. Greenhouse management therefore involves giving careful consideration to the full implications of every action you take.

ENVIRONMENTAL FACTORS WHICH INFLUENCE PLANT GROWTH

1. Atmospheric temperature — the air.
2. Root zone temperature — in the soil or hydroponic media in which the plant roots are growing.
3. Water temperature — the water with which you irrigate the plants.
4. Light conditions — shaded, full light, dark.
5. Atmospheric gas — plants give off oxygen but take in carbon dioxide. Animals do the reverse. Normally they balance each other, but when plants are locked in a closed room or house by themselves, they become starved for carbon dioxide as the oxygen level in the room rises.
6. Air movement — mixes gases, evens out temperature.
7. Atmospheric moisture — humidity.
8. Root zone moisture — water levels in the soil or media.

PLANT NEEDS

Every variety of plant has its own specific needs and tolerances with respect to the environment in which it grows. The horticulturalist talks about 'optimum' conditions, 'tolerated' conditions; and conditions which are 'not tolerated'.

Optimum conditions are the conditions where the plant grows best. Some plants have a wide optimum range, perhaps growing just as well at any temperature from 18 to 28°C (64-82°F). Other plants have a narrow optimum range e.g. growing well only at 24 to 26°C (75-79°F).

Tolerated conditions are the conditions under which the plant will survive, but not necessarily grow. A plant might have an optimum temperature range of 20 to 26°C, (68-79°F) and a tolerant range of -2 to 49°C (28-120°F).

Not tolerated means that if conditions go outside the tolerated range, under normal conditions the plant would die. Note that these same principles apply equally to light, moisture, and other environmental conditions for a plant.

TEMPERATURE CONTROL

Greenhouse temperature can be controlled in several ways:

a) The sun will warm the greenhouse during the day. This effect varies according to the time of year, time of day and the weather conditions that day. The way the greenhouse is built and the materials used in construction will also influence the house's ability to catch heat from the sun, and hold that heat.

b) Heaters can be used to add to the heat in a house. The heater must have the ability to replace heat at the same rate at which it is being lost to the outside.

c) Vents and doors can be opened to let cool air into the greenhouse, or closed to stop warm air from escaping.

d) Shade cloth can be drawn over the house to stop the warm sun penetrating, or removed to allow the sun to heat the house. Greenhouse paints — whitewash — can be applied in spring for the same effect. The type of paint used is normally one which will last the summer, but wash off with weathering to allow penetration of warming light in winter.

e) Coolers (or blowers) can be used to lower temperature.

f) Watering or misting systems can be used to lower temperature.

g) Exhaust fans can be used to lower temperature.

h) Water storage under the floor or benches of a glasshouse can act as a buffer to temperature fluctuations.

Heat Loss

An important consideration in temperature control is the heat lost through the walls and the roof of the house. Different types of materials (e.g. glass, plastic) have differing levels of ability to retain heat. Heat is normally measured in BTU's (British Thermal Units). The table below provides some insight into the respective qualities of different materials.

Covering Material	Heat Loss (BTU/sq.ft/hr)
Glass (6 mm/¼ in)	1.13
Double layer glass	0.65
Fibreglass reinforced plastic	1.0
Acrylic sheet (3 mm/⅛ in thick)	1.0
Polythene film	1.15
Polythene film (double layer)	0.70
Polyester film	1.05

Part III next issue will look at the many different ways of heating your greenhouse for both economy and efficiency of use.

CHERNOBYL FALLOUT

A recent news item reported the fact that oregano imported from Turkey had a radiation reading 40 per cent higher than the acceptable level for human consumption. Assuming that the 'acceptable' level includes a certain amount of radiation then this consignment of herbs must most certainly be red hot!

The importer, when interviewed, was quite indignant because the oregano had been impounded; he explained that the Turks were using it and he couldn't see why not in Australia. 'Why not, indeed!'

Please read ALL labels — crops in the areas of fallout were harvested as usual and are being dumped on unwary consumers, sold at bargain prices by supermarket chains.

Take care . . . you can imperil the lives of your family!

Reprinted from *The Herb Age*, No. 77, May 1987.

STEINER SCHOOLS

Receive the child with reverence, educate him in love, let him go forth in freedom.

by Margaret Wilson and Terry McMillan, Maindample, Vic.

Very briefly, Steiner education allows the child creative expression in music and the arts, practical application in crafts and gardening, as well as the intellectual '3 R's'. By creating a positive and harmonious environment focusing on the quality of relationships between children, teachers and parents, the child is able to develop with confidence.

MAINDAMPLE STEINER SCHOOL

Ever thought of starting your own school? We started our own and we'd like to share it with you.

Maindample Steiner School is 12 km on the Melbourne side of Mansfield and we are about to enter our fourth year, with 27 students ranging from kinder to Grade 6 and three teachers.

Margaret Wilson and Terry McMillan, both local teachers, visited the Melbourne Rudolf Steiner School and were so impressed with the quality of the children's work there, that they inquired as to the teaching methods. Further investigation committed them to the Steiner approach.

They were joined by 2 other families in the district who saw the need for alternative education and the work began. First the location of a suitable piece of land — serene, rural, watered and affordable. Finally a block was purchased near Mansfield. With limited finances and a view to aesthetics, mud brick was chosen as the ideal building material. The keen parents soon made the building a reality and as the number of children has grown 3 extra classrooms have been built.

The Kindergarten

Housed in a cosy beautiful room overlooking a garden of trees, flower beds and lawns the kindergarten children are surrounded by an atmosphere of love and care. Imitating their teacher, they cook, set the table, feed the animals and water the garden.

The children have natural materials such as seashells, stones, pine cones, coloured silks, simple dolls, wooden blocks and carved wooden animals with which to make their free creative buildings. In singing, drawing, painting, modelling, sewing and weaving the children are given scope to express themselves.

The Primary School

Between the ages of 7 and 13 children live in the realm of imagination. Thinking in abstract concepts is not yet important; what counts is what they feel and experience. During these years the children are guided by one main teacher. Apart from specialist teachers, children need one teacher whom they can trust to present them with a picture of the world which is both true, artistic and imaginative. The teacher is challenged to work creatively to meet the changing needs of the class. This inspires the children who come to regard their teacher as a natural authority. Herein lies the corner stone of security and discipline for the children during these years.

Most subjects are taught in main lesson blocks (2 hours each day) over a period of several weeks, thus deepening the



Two young children from the Little Yarra Steiner School busy collecting firewood. They work closely with their teacher, enjoying simple tasks, playing with objects found in nature and expressing their innate creativity in singing, dancing and craft work.

powers of concentration and the memory. The main lesson begins with playing of the recorder, singing or recitation of a poem. Then the main lesson topic is worked and extended into individual practice or artwork in which thought merges with feeling and experience. The remainder of the day is given over to language, music, craft, drama, eurythmy, physical education, sport and the regular practice of basic skills in literacy and numeracy.

Parental involvement in the school is high as all parents have contributed in some way to the construction of the four mudbrick classrooms. At Maindample we keep our classes small to maintain a close teacher/child ratio to enable all children to receive the attention they need. Many parents have chosen to move to the Mansfield district to take advantage of this form of education.

LITTLE YARRA STEINER SCHOOL

Beginning as a shared idea amongst a few families and teachers just a few years ago, the Little Yarra Steiner School has, through the support of a growing number of parents and friends, become a reality. The school is situated near Yarra

Junction (approx. 50 kilometres east of Melbourne) in the heart of Upper Yarra Valley. It offers playgroup and kinder sessions, Prep, Class 1, Class 2 (1988), adding a new class each year until the primary school is complete.

As well there are monthly markets with hand-made articles and produce, organic and biodynamic vegetables, a weekly dollmaking group, and many shared cultural activities such as festivals, plays, and singing.

At present Little Yarra Steiner School is accommodated in the Wesburn Hall, but has plans to move onto its own land along the Little Yarra River in the near future. This beautiful rural setting will allow the school to combine a rich cultural education with the more practical elements of farming and gardening.

Schools for Rudolf Steiner Education in Australia
(Capital cities show only name of school and contact phone numbers.)

ACT

Canberra — Orana School Ph: (062) 810513

NSW

Sydney — Glenaeon Ph: (02) 407 3193

— Lorient Novalis Ph: (02) 651 2577

— Earth Star Ph: (02) 371 8876

— Rosebud Ph: (02) 660 0194

Armidale — Boongaia School Ph: (067) 72 8876

P O Box 996, Armidale 2350.

Bangalow — Periwinkle Ph: (066) 85 3446

64 Brandon St, Suffolk Park 2481.

Bega — Contact Averil Fink

P O Box 790, Bega 2550. Ph: (064) 92 7267

Blue Mountains — Blue Mountains Waldorf School

P O Box 40 Hazelbrook 2779. Ph: (047) 586044

Bowral — Eukarima School

Centennial Road, Bowral 2576. Ph: (048) 612209

Cawongla — Daystar Ph: (066) 33 7129

Kyogle Road, Cawongla via Kyogle 2474.

Maitland — Linuwel School Ph: (045) 77 4337

133 Morpeth Road, East Maitland 2323.

Murwillumbah — Kangia School Ph: (066) 72 4524

13 Condong St, Murwillumbah.

Newcastle — Newcastle Steiner School Ph: (049) 54 8533

36 Reservoir Road, Glendale 2285.

Richmond — Aurora Meander Steiner School Ph: (047) 761064

P O Box 215, Richmond 2753.

Thora — Chrysalis Ph: (066) 558616

Darwood Road, Thora 2545.

VIC

Melbourne — Melbourne Steiner School Ph: (03) 876 2929

Sophia Mundi Ph: (03) 428 7824

Yarra Junction — Little Yarra Steiner School Ph: (059) 671953

P O Box 19, Yarra Junction 3797.

Maindample — Maindample Steiner School Ph: (057) 787493

Rankin Street, Maindample 3721.

QLD

Brisbane — Contact Maureen Havas Ph: (07) 376 2459

67 Mt. Ommaney Drive, Jindalee 4074.

SA

Adelaide — Adelaide Waldorf School Ph: (08) 391 1030

Sims Road, Mt. Barker 5251.

WA

Perth — Waldorf School

P O Box 291, Nedlands 6009.

Balinga Valley — P O Box 21, Balingup 6253. Ph: (097) 641026

TAS

Sandy Bay — Rudolf Steiner School Foundation

(opens 1988) 2/674 Sandy Bay Road, Sandy Bay 7005.

KITCHEN ALTERNATIVES

If you look in your kitchen cupboards, you'll find a surprising number of natural, nonchemical alternatives to many household products. For example, to help control ants in the kitchen, rather than spraying with a commercial insecticide, wash countertops, cabinets and floors with equal parts of vinegar and water. Here are some other helpful household hints.

- Water softener: ¼ cup vinegar in final rinse.
- Oil stains: white chalk rubbed in before wash.
- Glass cleaner: white vinegar and water or rubbing alcohol and water.
- Copper cleaner: paste of lemon juice, salt and flour.
- Household cleaner: baking soda.
- Drain cleaner: ½ cup baking soda, then ½ cup vinegar.
- Stainless steel polish: Baking soda or mineral oil for shining, vinegar removes spots.
- Toilet bowl cleaner: vinegar.
- Coffee/wine stains: blot with club soda.
- Mildew remover: lemon juice and salt, white vinegar and salt.

Reprinted from *Animal Liberation* WA Newsletter No. 19, July 1986.

CHILDREN'S BOOKS AND CASSETTES

BEAUTIFUL STORIES FOR CHILDREN WRITTEN
BY AUTHOR/STORYTELLER PAT HINEMAN.

- * **HARRY:** THE MERRY GO ROUND HORSE
WHOSE DREAM COMES TRUE.
- * **RODDY:** THE LITTLE BOY WHO FINDS
A MAGICAL BALL IN HIS GARDEN.
- * **TEARDROP JONES:** A POLLUTER WHO
LEARNS OF THE REAL BEAUTY OF LIFE.
- * **THE SHELL:** A LOVELY STORY ABOUT
FRIENDSHIP.
- * **MAGIC COLLECTION:** A SENSITIVE
PORTRAIT OF TWO YOUNG LIVES.
- * **TALKING TO A DAISY:** A LOVING CHAT
TO A FLOWER.



MANY MORE FOR CHILDREN ALL AGES!

WRITE OR CALL FOR A FREE CATALOGUE:

IMAGINATION CELEBRATION

10 CANADIAN BAY RD (03) 787 1664

MT ELIZA 3920 VIC

Down home on the farm...

Megg Miller.



'Isn't this bliss — I'm at home and it's sunny and I'm helping David and Megg with our cows . . . ' cooed Sunshine quietly as she dawdled along plaiting a daisy chain whilst we darted backwards and forwards across the road after our small herd of Highlands. But that's Sunshine and we love her and we could understand her happiness. It was the first day of the holidays and the sun was indeed shining benevolently down, making it a joy to be out and about as a family following our own few cattle. The weeks preceding this saw Sunshine's first really bad attack of boarding school blues and she had methodically been marking the days off the calendar in an attempt to make hometime come closer. 'I still like it and I'm glad I decided to go', she says, 'It's just that I often feel I'm missing the real things in life' — like chasing cows, I guess, and getting her hands dirty weeding and feeding the poultry or calf.

Springtime is a wonderful time for us because the lambs and calves born at the end of winter are now strong and playful, the chooks are glossy and full combed and ready to lay, and the turkeys and guinea fowl are full of pomp and elaborate courting rituals. In the garden the buddleia is in bloom, its rich perfume thickening the air on warm evenings. The grass around is shooting up so fast you can almost see it growing, the flowers a carnival of colour and many of the vegies are bolting in a rush to ensure their species' survival. After months of grey days and cold nights it's like a cloud has lifted and vital life forces have broken free.

It seems a shame to have poultry shedded when the grass is so rich and plentiful so I've been moving along the sheds and letting a different family out each day. Turkeys, being easier to control, work on a half day system but the chooks are out for the day and even then may need a little persuasion to return to their perch at the appropriate hour. This week we started letting the ducks out too and they seem so different and exotic compared to our other flighty species. They didn't venture very far the first day but this morning followed me as I pushed the feed barrow around the paddock. I'm just entranced with their husky voices and rolling gait and keep going back to look at them under the pretence of seeing if they're 'all right'.

Of course these are the domestic ducks I'm talking about, our trios of Elizabeths, of brown Runners and a pair of white Pekins. There is another duck here though, and he's still the number one topic of conversation. It's a year now since Duckie's anonymous delivery and he's grown into a small but beautiful grey teal. But Duckie's not a regular teal, he's really a *tuck*, a duck that thinks it's a turkey. For some inexplicable reason Duckie is bonded to an insignificant looking buff turkey hen we call Rusty, and wherever she goes, he goes. If she's locked up he squeezes into the shed. If another turkey

comes near her he makes ferocious whispers and bites their upper leg, and when she lays he sits or stands nearby. 'Isn't it sweet' we've said, 'but wait till spring comes and nature calls, Duckie will be off then'. Alas some weeks back Duckie did disappear. I went away for a few days and during that time Duckie left. I was saddened to find him gone and blamed myself for leaving Rusty shedded instead of free in the trees. David comforted me with stories of ducks on the dam but I didn't want to be consoled and blamed him for not feeding the cats and the cats for being swines.

One Monday morning I staggered around the chooks bleary eyed and tired from a weekend of work, and rounded a corner to find Duckie. I couldn't believe it. I'm not sure if ducks sow wild oats or suck sedge but whatever it's called Duckie's been there and done that, but prefers Rusty and home. And all this time we've wondered what sex he was and even how one sexed a wild duck, but it all became clear last week when we came upon a determined but inadequate Duckie on Rusty's back. Unless a great miracle occurs though, there will never be any little tucks.

Little tucks there may not be but little chicks there are. Mother nature triumphed this year with Sunshine's Silkie hen beating the incubator to bring out our first chicks. There are only a couple because three silly hens were broody and sharing a nest and in the process of swapping eggs allowed the majority to become chilled. But it's lovely to hear their little *chirrup*s and to hear mother's deeper reassuring voice.

The first hatch for the season comes out of the incubator in a day or so, the early birds in the setting hatching today. There is usually about twenty four hours between first and last hatched, due possibly to the age of the eggs when set. Although I've been supervising hatchings for years now I still feel a special thrill when I see a piped egg and an exhausted little critter plop out. It must surely be one of the wonders of nature that a limp, wet bedraggled 'thing' can, within an hour or so turn into a fluffy, alert chick.

We've mentioned my red heeler Feathers a number of times over the year, expressing concern that she seemed a silly dog and was slow to respond to the training she was receiving. She's almost a year old now and grown into a fine specimen of the breed. She'll never be a show dog but she is healthy and strong and she's slowly developing a sense of ownership about the place. Although not much as a guard dog yet, she has X-ray vision when it comes to foxes and alerts us before they're even in view.

In the past poultry have not fared well with our dogs, they all shared a weakness for chicken on the run and David and I had enjoyed many domestics in which the 'dog or I' ultimatum reared its head. This dog, I swore, would be different. Those familiar with the breed would say to me, 'Geeze, you're game



Moggy our little Scottish Highland heifer calf in a pensive mood. She's a woolly bundle and even at birth had a thick coat, a legacy no doubt from the days when this breed had to survive harsh highland winters.

having a heeler around the chooks. You can never trust them', but I was determined to train Feathers and train her well. This week she met and passed the ultimate test. The dog compound is really just an oversized chook run and quite accessible to any birds that want to fly in. Those that flew in prior to Feathers' inhabitation quickly ceased to be, so I've always been anxious about how she would react if her territory was invaded. A few days ago a turkey took the chance. When I discovered them, the turkey was quietly grazing and the dog was trying to impress by display of her acrobatic prowess with a plastic bowl. I don't think it had even occurred to her that she had a potential victim in her midst. I've been effusive with praise ever since and, whilst I know she hasn't a clue as to what it is she's eventually done right, she's lapping it up with shining eyes and what looks like a big grin.

David mentioned last issue the trouble the dog had whenever she ventured into the paddock where the Highland cattle are and I'm afraid that hasn't improved. The Highlands are a tight family group and with a calf to protect, chase and frighten the life out of Feathers. When they perceive danger they put the calf in the middle and form a circle around it and one would need to be brave or a fool to take them on. Of course they are all bluff but mothers with horns should never be taken lightly.

Until we put an electric wire across the gate the cows could clamber over it and of a night would come down around the poultry sheds and crop the grass. We noticed the grass around the caravan and in the house yard looked shorter but didn't twig until we woke early one morning and looked out to find the front garden full of huge, hairy beasts. What seemed remarkable was that they plodded single file everywhere, causing a minimum of destruction and ate only grass. We're used to Shorthorns or even our Friesian cross house cow of

the past that trod over half the garden and pulled the other half up. Highlands are quite different, perhaps because they've never been developed or exploited commercially and so have retained the family structure and surefootedness that was essential for survival in the Scottish Highlands.

It hasn't taken the cows long to discover the attraction of the food barrow, aided and abetted by the experience of Hamish the steer. Like him they've developed a weakness for chook mash and sneak up to grab mouthfuls when I'm not looking. With a calf due any time now I wouldn't be surprised if it came covered in feathers.

Moggy our calf from earlier in the year is growing more like a teddy bear and is very curious of the world around her. As we want her quiet and easy to handle, Sunshine's been taking a bucket of food out every day and sitting with her as she eats, and being a little pig at heart, Moggy's starting to look out for this daily treat.

Walking around amidst all the farmyard noise and activity, breathing in the Buddleia and freshly cut grass and just soaking up the gentle rays of sun reminds me of earlier springs and the similarities that tie them all together. The newborn chickens at my grandparents, perfumed old fashioned flowers in my mother's garden, daffodils on sale at flower stalls in my student days, the almond trees bursting out in green that first year of marriage, and later, giving birth to a spring baby and bestowing on her the name Sunshine Jessamy; Sunshine because we thought of her as the light in our life and Jessamy the Old English version for jasmine without whose sweet smelling flowers this season would be incomplete. These smells and colours of spring are stored away in my memory for future years, to enrich later experiences and fill in a little more of life's tapestry.

GRASSIFIEDS

PROPERTY FOR SALE NEW SOUTH WALES

SOUTH COAST TWENTY ACRES. half share of forty surrounded by state forest, dwelling, no electricity, bushfire shelter, access to river \$15,000 ONO. Ph: 048 844 415 or write A. Snell C/- PO WINGELLO 2579.

TABULAM AREA. northern rivers 100 km east Casino, 106 ac, 1 br, 9 sq cottage. Hot water, toilet, phone, fruit trees, gardens, fully fenced, creek frontage, road frontage, scenic views, 1/2 cleared. \$50,000. Ph: 03 877-3834.

MID NORTH COAST. 35 acres, paradise. Needs TLC selling for health reasons. 20 mins towns, beaches. Power, phone, school bus, secluded, river front, drought free, creek, lagoon, wildlife, rainforest. Rustic stone/timber cabin 6 sq. pot belly, septic, onsite c/van, 4 berth, annexe. Big hayshed, workshed. Ideal retreat, hobbyfarm, alternates. Good income potential \$15 20,000 p.a. from lucerne hay. 200 established fruit, nuts, kiwis. Coloured flock, misc. machinery \$75,000 no offers. Optional extra hay-making business \$20,000 incl. Izeki 55 hp tractor (600 hrs) 2 haybalers, mower/conditioner, hayrake, F100 LWB ute and hay contracts. Send SAE with \$10 for coloured photos and details. Honeysuckle Farm PO Box 874, PORT MACQUARIE 2444. Ph: 065-840-584 AH.

SELL OR SWAP house of five rooms plus facilities on quarter acre garden with fruit trees, at Tolga on Atherton Tablelands. Value \$40,000 for land with or without dwelling in or around Sunshine coast hinterland. Reply 066 899 205 or write Mary Tournier, Koonorigan Rd, VIA GOOLMANGAR PO 2480.

MENDOORAN 20 ACRES freehold old house and stable, creek, fully fenced, minute village and school 45 min Dubbo \$20,000. Ph: 068 861 193.

VEAL FARMLET. 15 acres NSW side of Murray River, near Nyah. 3/BR, power, phone, school bus. Lovely climate, established pasture, fully irrigated, plant, dairy, outsheds \$55,000. Ph: 090 211 669.

BATHURST. cosy brick home on land. Sleep-out, dam, sheds, fully electric, backs river, 15 minutes Bathurst. Bus at door. \$45,000. Ph: 063 371-060.

NORTH COAST BEAUTIFUL VALLEY setting, 3 x 10 acres; 3 x 100 acres. Half hour sealed road south Grafton. Large blocks undulating lightly timbered. Small ones undulating mainly cleared with light regrowth. Fenced, sealed road frontage 5 blocks, 2WD track to sixth. Power and phone nearby. All have potential dam sites, pumping easement to permanent creek, good access to excellent house sites. Primary school and general store. 15 mins. School bus. Small blocks \$25,500. Others \$32,000, \$33,000, \$36,000. Ph: 066 493 250 T. Watkins, COUTTS CROSSING VIA GRAFTON 2460.

BLUE MOUNTAINS. mud brick house (part completed) on bushy 1/2 acre, quiet, secluded, minutes from Lawson Stn. and shops \$24,000 ONO. Ph: 047-592-060.

45 HECTARES CLARENCE RIVER frontage. Plus permanent creek, 20 acres cleared. Remainder timbered north-east aspect. Beautiful homesites valley views. Pretty Gully, TABULAM Ph: 042 342-124.

NORTHERN NSW DRAKE between Casino, Tenterfield. Approx. 580 acres, includes a dwelling, telephone and fenced 40 acre paddock, 2 large dams, each 1 million gallons with one already stocked with golden perch. Also other smaller dams and house sites with fruit trees, bearing. Abounding in good hard-wood timbers - tallwoods, ironbarks. A bargain at \$67,000 ONO. Ph: 067-376-664 or write J. Parvin PO DRAKE 2470.

BLUE SPRINGS. multiple occupancy, Nimbin. All 36 shares sold, approved and fully owned by the group. However, several are available for re-sale from \$11,300. One includes a small dwelling. Phones available, electricity on property, all weather roads, dams, school bus, etc. Ph: Secretary 066-891-121 or write to Box 69, NIMBIN 2480.

MENDOORAN 14 ACRES fenced, renovated 2-B/R cottage, new large family room, sheds, est. garden, fruit trees, veg. garden, 3 large dams, piggery, min. village and school \$45,000. Ph: 068-861 193.

BILLY'S CREEK. cosy cottage, mudbrick and weatherboard, well finished with many unique timbers and additional features. Plus 10 acres N/E aspect, fully fenced, bush setting. Asking \$42,000. Ph: 066-578-140, or 066-578 115.

FAR NORTH COAST 35 km Lismore, beautifully landscaped 1 ha block in secluded natural bush setting. Over 400 trees planted incl. fruit and ornamentals. Dam, underground water system and large fibreglass tank. 6 x 16 m steel shed on concrete slab, suit temporary dwelling. Spacious timber workshop and carport with adjoining showerroom and gas HWS. 4 x 6 m fully enclosed fowl pen. Council approved concrete slab for house and garage. \$50,000. PO Box 655 LISMORE 2480. Ph: 066-337-177.

98 ACRES. 30 kms north Grafton, 25 acres selectively cleared. Good dam, billabongs, boundary fenced, comfortable besser building, shadehouse, cattle yards, highway frontage, school bus, telephone, solar gas equipped. Will trade similar to smaller Capricorn coast Qld. Ph: 066-477-023.

NORTH COAST 250 ACRES. 50 kms south of Grafton, 2.5 kms frontage beautiful Nymboida River. Cleared alluvial flats rising to timbered ridges. Good access to lovely house sites. \$90,000. Ph: 066-494-112 S. Pitkin, KANGAROO CREEK VIA GRAFTON 2460.

NORTH COAST 370 ACRES. 1/2 hour sealed road south of Grafton. Lovely bush flats and ridges, springs and intermittent streams, good access to nice house sites, power, phone, pumping easement nearby permanent creek. Primary school and general store 15 mins. School bus. Friendly local community. Multiple occupancy possible \$39,000. Ph: 066-494-186. Ann Knight, KANGAROO CREEK VIA GRAFTON 2460.

FOR SALE 4/5-B/R house Lake Macquarie or exchange for 100 acres plus take over mortgage. Jackson. PO Box 159, TUMUT 2720.

ENVIRONMENT — small acreage tree-covered lots in Clarence Valley beside coastal national park. Town water, power, sealed road, phone. Low-cost house and land packages to suit your budget. Ph: 066-452-637.

FOR SALE 68.4 HECTARES beautiful valley setting, spring fed creek, half cleared with plenty of stone for building, 40 kms from Mudgee. Interested persons please write. Priced to sell at \$27,000. K and B Lucas, Flat 2/102 Liverpool Rd. ENFIELD 2136.

NEAR KYOGLE. 25 acres natural bush and mountain area with rainforest setting, abundant wildlife, large winding clear water creek, rock swimming hole, rich soil, sturdy timber 3 room dwelling, telephone, gas stove and fridge, water pump water tanks, generator and shed all near new. Magnificent area with privacy, handy school bus, 3 tenants in common of 320 acres. \$27,500. Ph: 069-313-632.

200 ACRES MID NORTH coast. Surrounded by state forest, 20 kms from Crescent Head, suit couples. Land divided by mountain. One side developed with 3-B/R solar house, fully irrigated. Established gardens, 3 bay carport and workshop. Other side 170 acres fronting creek, untouched \$82,000. Ph: 065-615-071.

FAR NORTH COAST 35 kms Lismore, immaculate 2-B/R steel frame cedar-clad home on 1 ha elevated block. Beautiful views. Hundreds of trees planted, half block lawns and shrubs. Small dam. All amenities incl. septic system, 24V solar lighting and 240V solar power system, gas HWS, frig. stove and heating, 26,000 lt water storage tank and pressure pump. Small tool shed. Reluctant sale at \$55,000. PO Box 655, LISMORE 2480. Ph: 066-337-177.

MACLEAY VALLEY 25 acres flood-free timbered bushland, dam, phone, power, 2 sides fenced. Good access 8.5 kms to Kempsey. Good soil, secluded \$30,000 ONO. Ph: 065-668-078.

TEN ACRES with 3-B/R partly renovated cottage, fuel stove, electricity, town water, yards, dam, excellent fowl run and shed, fully fenced, lightly timbered. Close to Binnaway (pop. 500). Asking \$38,000. Contact Bill Lumber. Ph: 068-441-402. AH: 441-609.

SOUTH CASINO. 300 acres of beautiful bushland, with permit to build. A wealth of timber: permanent creek frontage. Excellent value at \$24,900. Also, nearby, 100 acres: \$19,900, & 1500 acres for \$75,000. Ph: 047-514-848 or write to PO Box 39, SPRING-WOOD 2777.

ARMIDALE — **NORTHERN** Tablelands 500 acres, double creek frontage undulating lightly timbered, no fertiliser, shearing shed, yards, runs 400 wethers very well, excellent wool growing country, 7 km main road, quiet \$65,000. Ph: 067-753-210 AH.

NYMBOIDA NTH COAST 66 acres lightly timbered, steeply undulating hills to grassy creek flats with some forest in an environmentally sensitive valley community-sub divisible-asking \$35,000. Tel: 066-494-180.

ATTRACTIVE 11¼ ACRES with dam on half kilometre frontage to Macintyre River. 40 miles Inverell, 14 miles Ashford sealed roads. Granite and alluvial soils. 2-B/R W/B home L/U steel shed, carport, good fences. School bus, phone, power 200 metres. Rates \$140. Gas installed for lighting, cooking, heating, refrigeration. Wood stove and HWS, two days week mailrun. Suit active retirement or small GR family \$47,000. Genuine enquiries Phone: 067-25-72 ask 29.

GRASSIFIEDS

PROPERTY FOR SALE NEW SOUTH WALES

457 ACRES near Inverell. Bush block, new boundary three sides. Power, phone close by. Large water hole, good red soil, some granite. No other improvements. \$50,000. Further enquiries 067-2304 ask for 63 after 7 p.m.

SOUTH COAST NSW — Cobargo Bermagui Area. 100 acres bush block, timbered, lovely views, good home site, excellent access, easterly aspect. \$47,500. Ph: Jim 0649-37201.

WALCHA TOWNSHIP 1/2 ACRE, small dam, 2 B/R fibro home with lounge, sunroom and new kitchen, bathroom, laundry, toilet, HWS and rewiring completed. Outbuildings include car shed. All services connected. Ideal indoor/outdoor living \$29,500. All offers considered. Ph: 067-772-385.

60 ACRES POWER, WATER, access 10 mins to town, school bus, postal service, local shop, one minute away. 30 acres flat fully cleared. Remainder selectively cleared. Reduced to sell \$57,000. Ph: 065-669-251.

MT. ROYAL, 5 acres small cabin/bus dwelling, perm. creek \$25,000 neg. More info. Ph: 062-489-957.

HOUSE FOR SALE BELLINGEN, spacious, large garden, suitable for large family, sml centre sharing, well cared for. Write Taranath, PO Box 37, CORINDI BEACH 2456. Ph: 066-492-997.

KEMPSEY 70 ACRES, bush block, 25 min from town, NE aspect. Cleared home site, plenty of good building timber, phone. All weather access. Views of Lower Macleay. Ph: 02-630-1639 after 7 pm.

INVERELL AREA, 731 acres, secluded bushland, undulating, granite soil, permanent creek, close to Copeton Dam, good fishing, boating, building permit. Urgent sale. Ph: 067-231-286.

NAMBUCCA HEADS AREA, half completed timber home on 20 acres bush. Fenced, electricity, phone, water, 20 mins to beaches \$55,000. Ph: 066-871-558.

QUEENSLAND

MALENY VALE SECLUDED frost free 9 1/2 acres, 360° views, very private, mins to school, store, tennis courts and community pool, bitumen access. Underground power, driveway through fenced property, 5 thousand gallon rainwater tank A/J 50 Davey water pump, 10 x 10 workshop. Cosy 2-B/R brick home NE aspect, mahogany kitchen, hot drum fireplace, phone, garage, tiled outhouse with laundry, shower, septic, gas stove, h/water. Established vegie garden, lawns and landscaping. Unlimited hobby farmers potential. Sunshine Coast hinterland. \$65,000 neg. Phone owners 071-944-530.

GYMPIE-SECLUDED 57 acres freehold, hilly bushland, small A-frame house on slab. State forest 3 sides, wildlife, views, privacy, phone, solar power, inverter, concrete tank, wood stove, hot water, shower, cupboards, permanent dam, many fruit trees, easy access. 11 km south of Gympie. \$65,000 Ph: 02-476-1149.

BLOCK NO 52 AT MIAGUNYAH TARA 13.1 ha shared dam \$13,000 ONO. Ph: 079-857-730 or write Mrs D. Hutchinson, 24 Laver St, MIDDLEMOUNT 4746.

BULLYARD 2 ACRES, 2-B/R besser block, verandahs, built in kitchen, carpets, 5000 gal tank, good bore lockup garage 80 fruit nut trees power fenced beautiful views, \$98,000. Ph: 071-774-209 or write R. Herbert M/S 368, GINGIN 4671.

GUNALDA AREA, 158 acres three deeds, fertile scrub soil, 50 acres standing scrub, 50 acres suit tropical fruit, plus 12 acres for small crops. 4 B/R house, protected country, six dams, Well, old bails, yards, storage sheds, irrigation plant, phone, power, rural rates, school bus handy. \$130,000. Ph: 071 846-195.

NANANGO, STH EAST QLD, A well timbered freehold property close to state forest. Mostly fenced with four dams and high aspect. Only 15 mins to town. There is a well constructed, comfortable, furnished cabin with kero fridge, wood stove, 12 v lighting and telephone. There is also a chook-run with layers and a thriving organic orchard full of young trees such as avocados, citrus, guavas, figs, almonds. A laundry has been built complete with washing machine, tubs and septic system. Coloured, split-faced besser blocks are on site awaiting construction of council approved home (plans included). Sale also includes a 12V TV, a near new Stihl chain-saw, 5 HP pump, 7 HP Honda generator and misc tools and equip. This is a very reluctant sale for us as everything is growing and working here. A WIWO situation for positive, alternative minded people, must sell, \$35,000. Ph: 071-631-558.

SUNSHINE COAST PERMACULTURE farm featured ABC-TV 'Heartlands' series, 11 acres, diverse organic system of sub-tropical fruit and nut trees with varied interplantings, free-range poultry, pasture, forest. Considerable scope for further income producing development if desired. Attractive large passive solar design brick home plus large self-contained flat, ample farm sheds. Close beaches, shopping, 1 1/4 hrs Brisbane. Unique property offering healthy, environmentally benign lifestyle. \$190,000. J & M Skelton, Tread Softly Farm, Old Palmwoods Rd, WOOMBAY 4559. Ph: 071-421-897.

CANUNGRA PRETTY 5 ACRES, Riverland adjoins available lease 8 acres all fenced, 5 paddocks, SEC, telephone, 5 mins township. Has 2 dams, 1 horseshelter, 45 mins Gold Coast or Brisbane. Phone Heather 052-438-968 or 052-433 147 AH.

WIEAMBILLA QLD, 30 mins Chinchilla, 100 acres bush block, level country, covered in trees, includes 25 acres valuable cypress pines. Part finished 3 room cabin with concrete floor. Creek, power in area, school bus. \$29,500 ONO. Ph: 07-366-2596.

GYMPIE AREA, 20 mins to town, 95 acres natural bushland, gently sloping, creek. Quiet peaceful surrounds. Ideal for alternate lifestyle, \$40,000 negotiable. Phone Greg: 07-357-9109.

3 BEDROOMS ALL B/ins, BV home only 6 years old on 1.41 HA, on main Tin Can Bay Road, just 6 miles from Gympie, carpeted, ceiling fans, tiled bathroom and shower, double carport, rates \$185 PA. Presently rented. Sell at give away price \$68,000. Ph: 070-613-402.

ABSOLUTE BEACHFRONT Clairview NQ, \$30,000. Power, close rail. Also 160 acres near Childers \$25,000. Ph: 071-729-599. All hrs. Trevor Abrook, PO Box 160 CHILDERS 4660.

TULLY, NORTH QLD, handy Cairns — land 5.7 acres fertile soil, grow anything. Permanent running creek, irrigation licence. Suitable barramundi farming. 10 mins from Mission Beach, overlooking Dunk Island, handy Great Barrier Reef. P. Casey, PO, LOWER TULLY 4854. Ph: 070-669-354.

140 ACRES JULATTEN NTH QLD, Open forest permanent creek, 3 of 4 shares available. 2 \$15,000, 1 \$20,000 with dam, cabin, pool, tank. J. Maher. Ph: 02 525 2174.

DARLING DOWNS, 40 acres tall virgin forest, 2 dams, plenty of black cypress for cabins. \$18,000 ONO. Ph: 004 581-339.

ALLORA QLD, clean peaceful friendly country, duplex of 2 2 B/R flats on 1/4 acre fertile Darling Downs with large vegie garden, ideal live in one rent one. Lovely safe town for kids. Sacrifice price \$40,000. Ph: 076-648-165.

MARYVALE 105 ACRES, Good view northerly slopes, new 4 B/R besser block house, wide surrounding verandah, all conveniences, good fences, two dams, water licence from creek for stock etc., 40 km Warwick bargain \$85,000. Ph: 076-661 184.

PEACEFUL ACREAGE 25 mins west of Brisbane GPO. Adjacent State Forest, has ferny creek, solid home, approx 2 acres, heaps of bananas, pawpaws and some fruit trees. Also excellent new facilities to keep goats. We've spent \$85,000 but will sell for less to self sufficient minded folk. Ph: 079-342-861 Box 4026 ROCKHAMPTON HOSPITAL 4700.

MACKAY QLD, 40 acres recent timber dwelling, sheds, creek dam, 300 avocados 8 years, micro irrigation, half cleared balance rainforest, secluded but close resort, beaches, \$125,000. Ph: 079-574 224.

FOR SALE 20 KMS FROM GYMPIE, Frost free, 40 undulating acres, fenced, huge dam, Excellent for cattle, small crops, fruit trees, flower growing, 3-B/R Queensland home, Septic, s/c stove, power, phone, School bus passes front gate, 1/4 hr from Rainbow Beach, 1 hr to Noosa-Maroochydore, 2 hrs to Brisbane, \$90,000. Ph: 071-865-326 after 6 pm.

DAINTREE RIVER AREA NTH QLD, 2 1/2 acres virgin rainforest. Permanent running freshwater creek, 3 mins from beautiful beach, reefs 200 m from shore. A abundance of fish, crayfish and crabs. Excellent investment potential, perfect nature lovers' retreat, true tropical paradise rarely found today. Reluctantly reduced from \$47,000 to \$38,000 ONO for urgent sale. Ph: 079-723-028 or write B.R. Johnston 27 Bonar St, GLADSTONE 4680.

TOOWOOMBA — twelve miles, seven acres, magnificent rural views, power, phone past. \$18,500 ONO. Ph: 076-341-776 AH.

FERTILE 36 ACRES mountain scrub country mostly cleared well grassed approx 4 acres standing scrub, large area suitable bananas, papaws, permanent stock water from spring hole, 30 mins Gympie. \$20,000. Ph: 071-846-195.

MILLMERRAN WOODS, QUEENSLAND, 20 acres, freehold, lightly timbered, flood free, 84 kms SW Toowoomba. Millmerran township with all facilities including hospital and school, 20 mins drive. Property would be ideal as alternative lifestyle with potential investment growth. Quick sale \$8500. For further information please Ph: 047-774-240.

GRASSIFIEDS

PROPERTY FOR SALE QUEENSLAND

COOYAR. 1 hr north of Toowoomba. 4 year old large 3 B/R home, power, phone, pot belly heater. 15 acres lightly timbered, good honey area. Small dam. 45 x 60 ft shed, tanks, peaceful views, 5 mins school and PO. \$50,000 negotiable. Ph: 076 612 521.

WONDAI 40 ACRES. partly fenced, dam, previously part cultivated. 1/2 hr to towns. \$25,000. Photos available, write 58 Cribb Ave, OXFORD PARK 4053.

BEAUTIFUL SUB TROPICAL block near Bundaberg. 40 lovely level acres of good timber and large ferns, creek runs across block. Power in 1987, rates \$130 PA, school bus every day, 20 mins from Rules Beach. Grow anything, frost free. \$24,500. Ph: 07 351 3133.

KIN KIN. 30 mins to Noosa. 35 acres. Arable soil, 70 per cent cleared. Good dam. Some NE slopes. Suit tropical fruit \$45,000. Ph: 049 522 240.

PRIVATE SECLUSION 67 acre farm hidden in the mountains 1/2 hour Toowoomba, 20 minutes town, comfortable 3 B/R cottage, all modern cons. Solar, electric power, phone, school bus to primary, high schools. Fenced, sheds, stables, cattle yards many extras including truck, stock, reluctant sale \$70,000 ONO. Ph: 076 964 569.

MENA CREEK AREA. 35 acres fertile soil, 22 acres cleared, rest rainforest. Creek front side of property. Bowen and Kensington Pride mango, some exotic fruit trees. Fordson tractor, bitumen road, 5 mins to school, beautiful location bargain \$79,950. C Brimm, 30 Eastwood St, BABINDA 4861.

5 ACRES some under cultivation, sound 2-B/R weatherboard cottage (former school residence) some furniture, pot belly, fuel stove, chip heater in bathroom, phone, mudbrick workshop, creek with good waterhole, windmill on bore, established gardens, over 70 6 year old fruit trees, garage, shed, all weather roads, quiet, peaceful, gold country, west of Warwick \$53,000. Ph: 076 674 700.

RHULES BEACH 70 acres subtropical native land, 50 kms north of Bundaberg, 800 metres to white sandy beach. Dam and small shed, power and phone available \$43,000. Ph: Susanne 089-814 877 BH.

VICTORIA

FAR EAST GIPPSLAND. 11 acre bush block on beautiful Bemm River. Fertile river flats, good house sites, surrounded by state forest and crown land \$15,000 ONO. Write P and L Bartlett C/- CLUB TERRACE PO, 3889. Ph: 051-583-264.

SUNRISE FARM. 600 ACRES, is adjacent Mt. Murrindal Reserve and Ontos communities. I have a mud-brick/oregon/pine hexagon style home to sell, time-share arrangement. Genuine enquiries only. AH 03-527-4946.

KERANG HISTORIC HOME in good condition situated on 2 1/2 acres with exclusive Loddon River frontage. Permanent water supply from river. Three miles from town with all facilities. \$48,500. Phone 054-522-625 or write to Ken and Maree Hamilton PO Box 303, Kerang 3579.

BALLARAT 5 ACRES. Timbered, water. SEC. caravan. \$23,000. Ph: 03-836-7947.

MOUNT GAMBIER STONE HOUSE on 1/2 acre block, three bedrooms, kitchen with open fire, and gas cooking, gas hot water, dining room with antique open fireplace, bathroom and toilet indoors, large laundry could be made into another bedroom, roof fully insulated, sanded and polished floor redgum bush feeling indoors. Large garage two Mount Gambier stone outhouses, large chook pen and vegie garden, fruit trees and great view of the hills close to milkbar, hotel and schools complete with phone and electricity priced for quick sale \$28,500 For further details phone Philomena Iddon 055-791-302 or write to High St, MERINO 3310.

EAST GIPPSLAND: DARGO. 112 acres approx 40 cleared, balance natural forest, boundary to forest reserve. Excellent granite soil sown to pasture with fenced three acres lucerne and cattle yards. Boundary electric fence, high rainfall, dam, SEC, Telecom, wild-life, views, public access to Wannangatta River. Dargo, well known for its walnuts, has two caravan parks, gen. store, petrol, two churches, prim. school, bush nurse, Dept Cons. Forests and Lands and a timber mill. Like minded people in area, realistic price for this area \$79,000 ONO. Ph: Peter 03-758-6301 or 03-259-9362.

ST ARNAUD edge of town 3 large building blocks side by side, 3 separate titles. Fenced, SEC, sewerage, water, phone. All rated as one. Low rates, \$12,000 the lot. Must sell. Ph: Graeme 053-583-279.

OMELO SHIRE. 21 timbered acres at Ensay. Good access, building permit, SEC on boundary. Creek, dam sites, wildlife and beautiful views. Seventy mins from both beaches and snowfields. \$20,000 ONO. M. Sheahan, BUCHAN 3885.

EAST GIPPSLAND. Secluded 87 acre forest property. Quality stone and mudbrick house. Large workshop, phone, orchard, dams, fencing. Self sufficiency or commute Bairnsdale (20 mins). \$115,000. Ph: 051-575-274.

CHETWYND 152 ACRES natural timbered property, gently undulating good fertile soil. Abundant wildlife, small stream \$32,000. Ph: 087-647-418. A.H.

LANDSBOROUGH 3 ACRES. Foot of the Pyrenees, \$5,000 cash (or maybe healthy deposit). Dream no longer! Ph: 004-581-339.

TASMANIA

COMPLETE FAMILY BRICK HOME in northern Tasmania. 3-B/R, lounge, kitchen and hobby room. On 1 1/4 acres. Picturesque garden plus fernery, large 3 car garage with loft, unit above with all facilities. This home is in close proximity to beaches, school etc. Price \$80,000. Phone 003-281-333. I & E Hodge, Doctors Hill, East Tamar, Dilston via LAUNCESTON 7252.

THREE ACRES GENTLY SLOPING. cleared land, surrounded by bush, with unsealed roads giving easy access on two boundaries, small dam, power and Telecom, septic approval, spectacular views Huon River, Hartz Mountains, very private, 4 km from Cygnet, 70 km from Hobart. \$18,000. Ph: 002-951-700.

EAST COAST TASMANIA 30 acres, plenty permanent water, highway frontage, small sea-view, 10 acres pasture, 20 acres natural bush. Good soil easy to work, easterly aspect, five minutes to nearest beach for fishing and swimming. Approx. 8 km to nearest Post Office and shops. \$30,000. Ph: 003-722-459.

HUON VALLEY 1/2 SHARE in 40 acres. 40 mins south Hobart. Features excellent house site with N. aspect, perm water, short level access, hydro and Telecom already on site, septic approval, sandy loam, school bus, etc. Balance dry sclerophyll, potential for subdivision or stratum title. \$18,500. David Shapiro, RMB 659. KINGSTON 7150. Ph: 002-663-391.

NORTH WEST TASMANIA 17 acres, 11 cleared, 2 dams, natural spring on property, all year water creek also on property. Fenced, power runs straight through, phone handy, 4-6 feet topsoil, 2 gravel entrances, shed & house sites levelled & gravelled, ideal for fish or market garden, good views & pasture. \$25,000. D. Kippe, Flat 2/351 Ochertyne St, DENILQUIN 2710.

TASMANIA BUSH BLOCK 15 acres with power, housesite, building approval and completed foundations, 2 sheds one lock up, permanent creeks, 15 mins to Deloraine, 45 mins to Launceston. \$19,000. Ph: 003-695-128.

FOR SALE: TASMANIA. Jackey's Marsh (sth of Deloraine). 24 acres bushland with comfy cabin (1-B/R, kit, bathr) combustion stove (hot water) perm mountain creek, ram pump, big garden. Magnificent views onto mountains, exc bush walks, horse riding etc. \$27,500. Ph: 003-695-236 or 003-695-107.

GLADSTONE TOWNSHIP (pop 140) NE Tas. Very mild climate, close to coast, 1 1/2 hrs to Launceston, 1 hr to Scotsdale. Check your rent/week with repayments on this. Own your own home on 1/4 acre, \$16,500 ONO, very liveable. 3-B/R split level dining/lounge (large). Recently decorated throughout, new curtains/carpets, bathroom (with WC)/laundry refurbished. Verandahs 2 sides, huge iron shed, town water. HEC. Ph: 003-572-241 for new phone number or write to P Coxhead, FRANKLIN 7113.

DEVONPORT. 3-B/R weatherboard excellent condition. Garage, S.C. flat, huge block, orchard, chooks, veg. garden, 10 minutes walk lovely beach, schools, shops. Sacrifice \$53,000. Ph: 004-247-075.

MILABENA NTH WEST COAST Tasmania, 123 acres with approx 105 acres pasture remainder natural blackwood and eucalypts, 25 minutes drive from Wynyard, private access road to 5-B/R older style aluminium clad home, large kitchen features natural wood with Rayburn slow combustion stove serving hot water to all facilities and dishwasher, recently modernised bathroom, large sunny lounge. Secluded position with lovely view to sea and Table Cape. Plenty of outbuildings including milking shed, two permanent creeks, rainfall 60 in. Good soil, young orchard. \$135,000. Ph: 004-243-643 or 004-242-423.

FARMLET 5 ACRES NW TAS. 4-B/R completely renovated alu. tile and windows clad, elect, phone, elec. and wood heating, off main road. Ulverstone 25 min, Devonport 45 min. Roadside mail and shop delivery, 2 springs, perm. creek, dam. \$49,000. Ph: 004-291-357.

GRASSIFIEDS

PROPERTY FOR SALE

TASMANIA

BEAUTIFUL 25 ACRES mostly cleared, fenced, backs onto nature reserve, fronting magnificent bay, 3 dams, sheds, fruit trees, power, phone available, 10 mins shops, beaches, thermal pool, 1 1/2 hours Hobart. \$35,000. Ph: 002-981-193. C/- PO, DOVER 7116.

WOODBIDGE HILL on Cygnet Road, 134 acres. Flat to undulating bush and rough pasture. Dam sites. Elevated sandstone bluffs with 360 degree water views. This peaceful, picturesque retreat with unpolluted atmosphere is secluded. Easy access 300 m from bitumen road. Within commuting distance 35 mins Hobart, 5 mins. from seaside town Woodbridge. Shops, schools, fishing, oysters. Build using own resources. Suitable for division into tenants-in-common ownership. Cost \$47,000. Ph: 002-294-101.

NORTH EAST TAS 2-B/R mudbrick post and beam constructed house on 11 acres, 2 acres cleared with large workshop orchard vegetable garden permanent creek. N/NE aspect. Lots of potential. \$26,000. Ph: 003-542-416. C/- PO DERBY 7254.

WEST AUSTRALIA

MT BARKER 8 3/4 acres, walk to shops schools, old shed, apricots. \$12,000. Ph: 002-489-457. 1761 South Arm Rd. SANDFORD 7020.

PEMBERTON WA 12 1/2 ACRES includes paddock, apple, plum, walnut orchard. Few pecans, cherries, pears. Dam, trickle irrigation. Large house, sheds, machinery. 1/2 mile from PO. Surrounded by karri forest \$105,000. Selling to travel. Ph: 097-761-021.

SOUTH AUSTRALIA

RIVERLAND HOBBY FARM, 6 1/2 acres, 3-B/R, fibro house, wood, gas stoves, water, power, tractor, implements, apricots, vines, citrus, vegies. Land near school. \$39,000. Ph: 085-838-232.

ELLISTON W. coast SA, 16 sq full brick house on 10 acres, fruit, nut, native trees 6 years old, from nothing to something. \$48,000 ONO. Ph: Rob Clarke 047-748-891.

COMMUNITIES

COUNCIL APPROVED HAMLET development, Murwillumbah area. Only a few shares left, approximately 12 acres each. Some cleared, majority beautiful rainforest setting. Adjoins state forest. All weather access. From \$15,500 to \$18,500. Write to Palmview, 30 Arndell St, MACQUARIE 2614 or Ph: 062-512-247 or AH 066-793-333.

ENJOY THE INDEPENDENCE of your own 100 acres, plus sharing benefits of community living, in truly beautiful surroundings. More families, single parents especially welcome as we wish to create an alternative school. Full price \$35,000. Please write: Maurice, Two Waters Farm Co-Operative, Box 63, TABULAM 2470.

WANTED PEOPLE to share co-op property in Northland New Zealand. Involved in rebirthing, massage, personal (esp kids) development and all aspects of fulfilling life. Bardahl, 49 Heaslip St, WOLLONGONG 2500. Ph: 042-272-392.

MOUNTAIN RETREAT, north east NSW, comprising large 10 x 9 m cabin with mezzanine level, solar electrics, gas hot water and stove, telephone, undercover parking, vegie garden, fruit trees, 12 acres cleared grassland fenced, ready to graze or plant out. Abundant water, good soil, in fact a veritable micro climate. 'Lost Valley' is a hamlet development of 300 acres mostly rainforest and sclerophyl bordered by Mt. Warning National Park on one side and Three Tops National Park on another. The property is only accessible by 4WD, so your privacy is assured, yet is a mere 10 kms from Murwillumbah. For sale is one seventh share. Ph: 066-793-254 or 066-722-715. \$39,000.

10 ACRE SHARE in friendly community on 800 acres. North coast 20 km sth Woodburn, mostly bushland abundant wildlife, cleared area on site for house, etc. Large shed 9 x 12 m, dam, share common land and tractor. \$17,500. Ph: 066-219-732 or write Denise Gardner, 105 Hunter St. LISMORE 2480.

1/6 SHARE 75 ACRES on beautiful Turoos River sth coast NSW, communal house, no power, women only, no shareholder resident at present, 18 acres cleared, remainder natural bush, generator, pump \$12,000 ono. Ph: 089-754-509. A.H.

KANGAROO VALLEY NSW, shareholders wanted to live in small community on 357 acres. Land secured. Multiple occupancy application being prepared. Women, children and families encouraged. Shares \$14,000/adult, electricity/telephone available. School bus nearby. Permaculture orchard and garden developing. Ph: Dee 02-439-8383, Alec Sourdin C/- KANGAROO VALLEY PO 2577, Ph: 044-651-423, or Trish and Michael 044-651-034.

19.1 ACRE SHARE in Starlight Community. Part of 320 acres of freehold rainforest on Sunshine Coast hinterland. 20 mins to Noosa Heads surf beach, 10 mins to shopping facilities. 2 storey solid timber house — open fireplace, slow combustion stove, HWS, 6000 gallon cement tank water storage, swim creek with rockpools, magnificent rainforest, heavily timbered, absolute privacy. Large shed, fernhouse, phone, piano, flush toilet, gas stove, established orchard incl. citrus, bananas, coffee, mangoes, macadamias, pecan, avocado, pawpaw etc. 2 acres cleared re future orchard and gardens. House gardens, secure legal structure. Reluctant sale reduced to \$54,000 consider trade and or swap house, land boat etc. Ph: 085-325-137. 08-3888-006 or 08-2721-886 anytime reverse charge. For photos or further details, write C/- Box 1116 MURRAY BRIDGE 5253.

BEAUTIFUL DENMARK south coast WA, large 12 sided mud brick house plus hut sheds, fruit trees. Water, phone, SEC. Well established rural community 170 acres near William Bay N.P. House \$35,000. Share \$7,000. Dodds, RMB 1050, DENMARK 6333. Ph: 098-409-385.

QUARTER SHARE OF 100 acres for sale, near Bega, NSW. Share with two women and child. Gently undulating beautiful land, creek, dams, fenced. Temporary accommodation available while building. \$16,000. Ph: 0649-38306.

MARGARET RIVER — close to coast, undulating, rich soil, 5 acre home site, 20th share, 50 acres common. \$12,000, some vendor finance available. Geoff, 13 Jeanes Rd, KARRINUP 6018.

FOR SALE TOWAMBA VALLEY, one 1/15th share in 535 acre community farm in SE. NSW. Approx. 35 kms from Eden and 15 kms from school and shop. Mud brick and timber dwelling, two large sheds, chicken shed and run, cowbale and paddock, small creek, dam, plus rain water tanks. No power, solar lights, phone connected. Established gardens, cleared usable land in bush setting. \$30,000. Ph: 02-560-3161.

NIMBIN/KYOGLE, 1/9 share in 150 acres (legal M/O) and tractor, 5 acres homesite (choices), permanent water, dams, creek, springs, telephone, undulating hills, rainforest, cleared and timbered land, good access, communal laundry and orchard planned, established 4 years \$15,000. Ph: 03-481-4655/254-883 AH ask for Ruth.

A PLACE TO LIVE AND LOVE, Northern NSW. Secluded but handy to brilliant beaches and major centres. Hamlet style surveyed blocks between 5 and 10 acres with use of 40 acres common land with stream flowing through the middle of the whole 120 acres. Rock pools, privacy, tranquil meadows, forest, good all-weather access. Shares available \$30,000 to \$35,000. Ph: 066-845-399 or write for photo etc. PO Box 248, MULLUMBIMBY 2482.

1/15 SHARE IN Serendipity Community south of Woodburn, northern NSW. Share includes 10 acres, 4-B/R house, large shed, 7.5 kVA generator, greenhouse, telephone, a.g. swimming pool, various fruit trees, plenty of water, community tractor and implements. Part ownership in remaining 650 acres. Ideal place for nature lovers. Be surrounded by eucalypt forest, heath and national park, wonderful wildlife and flora and close to untouched beaches and river. 20 min to shops. Unique legal set up. Price \$54,950. Ph: 066-218-939 or write to Rosemary Zillig, 46 Ubrihien St, LISMORE 2480.

TASMANIA 1/4 SHARE small acreage near sea. \$8500. Honest, clean living essential. Ph: 004-247-075.

NIMBIN 145 ACRES, third share \$80,000. Share includes own private timber constructed 3-B/R family home with pool, established garden, fenced, with sensational views of Nimbin Valley. Other shareholders have own homes. Fourth home rented providing income for rates etc. School bus, electricity, ample water. Ph: 02-815-065 AH.

QUARTER SHARE IN 120 ACRES, Roseberry Creek, Northern NSW, includes 10 acres, gravel road, homesite, caravan, dam. Property is mostly rainforest, borders 2 creeks, state forest. Company ownership. \$15,000. Ph: 07-800-3885. I. Belcher, 98 Begonia St, BROWNS PLAINS 4118.

FOR SALE NORTHERN NSW, beautifully finished circular timber house with extensive verandahs and commanding valley views on 2 1/4 acres of gardens, lawn and fruit trees set in an established 321 hectare multiple occupancy with separate titles, shortly to become strata title, situated 30 minutes NE of Lismore on sealed road. Included is a tasteful, separate studio/guest room and storage shed and workshop. The outdoor toilet and bathroom is in a lovely garden setting. 5000 and 1000 gal. rainwater tanks, 40,000 gal. dam and areas of rich alluvial soil. \$52,000. Enquiries PO Box 839, LISMORE 2480.

GRASSIFIEDS

PROPERTY WANTED

WANTING 1 OR 2 ACRES freehold, with 3 or 4 room cabin or dwelling. Prepared to repair and restore dwelling. \$8000 cash. Minimum 120 km from Melbourne. No need for phone. Write to PO Box 251, BALWYN 3103.

MONASTIC BUDDHIST GROUP looking for land to start retreat house for two guest monks from Sri Lanka, warm winter climate, natural surroundings, supportive neighbourhood. Two acres, electricity, water, either to buy (reasonable price) or monks as spiritual guidance for existing community in exchange for independent accommodation. Write to A.B.V. 2/1 View St, LAWSON 2783.

TASMANIA HOME/LAND rent/buy, caretake. Ph: 004-247-075.

WANTED

I AM 46, looking for a place to live and a chance to achieve complete self reliance in a truly planet gentle way. I want to grow my food on 1/2 acre and spend my life replanting native vegetation where I live, at the owner's discretion, and in the surrounding district. Planet gentleness is my code: no drugs, smoking, alcohol, meat, electricity, transport. I am experienced enough to relate harmoniously with an owner. I would try to contribute to the unavoidable costs of a property by planting small cash crops. I am accommodation self reliant, nearly so for food, but my garden is too small. John Carson, 22 Albion Ave, GLANDORE 5037.

ENVIRONMENTALLY CONSCIOUS couple seek picturesque bush campsite 2 1/2 hours drive from Sydney. Preferably with fresh water available. 4WD access OK. If you have such a spot available please contact Don Campey to negotiate camping fees. Ph: 02-621-1772.

AUSTRALIAN MALE young 40 wants to work in nth NSW on farm can do most work, honest, responsible person. Write Kevin Glanfield, 58 Rupert St, WEST FOOTSCRAY 3012.

WANTED 32V or 24V wind generator, any condition. Send details to Keith Jacobs, Kelyn, Turill 2850 or Ph: 063-761-156 nights.

WANTED TO RENT house or flat with yard for approx twelve months. Lady with two children seventeen and seven in Viewbank, Rosanna, Victoria. Prepared to maintain garden, up to \$80 week, from January 1988. Reply PO Box 25, PENGUIN 7316.

PEACEFUL PLACE TO LIVE needed, low rent, locality unimportant, preferably in commune, for man recently widowed, 2 children 7, 4 1/2. Alternative school preferred. Need somewhere to rest and get our life back together. J. Ward, C/- PO ADELAIDE 5001.

MATURE 24 YEAR OLD LADY wants peaceful area to live in. N. NSW healthy living willing to work to negotiate on costs. Leave Ph. no. or address for Dawn Stephens, C/- PO COFFS HARBOUR 2540.

MATURE, FRIENDLY, COMMUNICATIVE 24 y/o lady wants quiet clean living community to live in (NSW). Willing to work, learn, may be studying. Leave phone no or address C/- PO COFFS HARBOUR 2540.

IDRIESS BOOKS — write Vaughan, PO Box 93, HAMPTON 3188.

LAND FOR SMALL CROPS, bees etc., in exchange for caretaking, labour, low rent, or share of profits. From early 1988, reliable couple, prefer northern NSW or Qld, looking for long term arrangement. See letter in Link-Up. Carolyn, PO Box 241, WODEN 2606.

NATIVE PLANT materials, wattle blossom, gum nuts, etc. All types, fully dried, native materials considered. Large quantities preferred. Good prices plus freight paid. Contact: Peter Hunt, P.O. Box 53, NORTHCOTE 3070. Ph: 03-489-8405.

WANTED TO RENT, House Nowra area from Dec/Jan. Small family quiet dog. Sandra Ph: 02-484-7078.

COUPLE, RESPONSIBLE QUIET, 1 year old child seeking temporary accommodation house hut caravan to rent or caretake Nimbin Kyogle area. Arriving from NZ November. S and E Miller, Indian Railways Old House Rd, UPPER MOUTERE NELSON NZ.

WANTED TO CARETAKE OR RENT. Small farmhouse or cottage on bush acres. Prefer near Vic/NSW snow mountains. For a couple and a dog. Unable to pay high rent. Not into alcohol and other drugs. David Rennie, PO Box 690, LAKES ENTRANCE 3909.

BUSINESS FOR SALE

SMALL BUSINESS SHOP with 3 B/R house at rear plus share allotment adjoining with ex-service station building and driveway on. Large allotment shed at rear both allotments only 100 m from ocean situated at Wyndham Port in the Kimberleys. Will sell lot \$38,000 plus SAV. Genuine reason for selling. Contact owner 091-611-364.

FOOD SHOP, Scottsdale Tas. Fruit and vegetables, bulk and health foods, grocery and specialty foods, plants, seeds and garden supplies. Wholesale and retail, excellent growing business on huge block in main street. Good profits, suit joint ownership. Must sell. Phone Stuart on 003-522-999.

EXCHANGES

EXCHANGE OR SELL, 320 acres semi-retirement grazing, irrigated property, NE Vic. Large 4-B/R house, school, buses, power, septic toilets, unlimited clear bore house water, gas hot water, dishwasher, 15 minutes to Murray beaches \$260,000. Prefer small semi indoor/outdoor business with or without residence. Ph: 058-651-350.

SWAP 2 HOUSES, one with pool, good bore, bearing fruit trees, for house and 10 acres or more, or land. Must have good water supply and electricity. Write Dot May, 11 Oliver St, CHARTERS TOWERS 4820.

SECLUDED, QUIET ACCOMMODATION in exchange for light labour on house project Gold Coast hinterland, happy vegetarians only. Oct to Feb. Ph: 075-332-028.

OPPORTUNITIES

I OFFER FREE RENT for your caravan to quiet person or couple in exchange for gardening. Lovely beach area. Phone 065-537-813.

CARETAKER(S), section between Cowra, Young, NSW. Self contained. Facilities, school. Quiet village. Low rental. Write Mr. Sutherland, 1007 Glenhope St, HASTINGS, NZ.

ACCOMMODATION for non-smoking couple, or single person with kid(s) on few acres. Exchange for day's labour P/W. Also for sale converted camper 1962 Bedford bus \$4,000. Write H.A. Jarrad, RMB 4105, KOROIT 3282. Ph: 055-685-268.

EXPERTISE AND HELP REQUIRED, employment opportunity for skilled persons to construct elevated bungalow of nine squares near Byron Bay. Looking for solidity rather than elegance. Tenders invited. Write Andrew C/- Box 139, KILLARA PO 2071.

SERVICES OFFERED

SWAP AND SHARE, I practise yoga, meditation and study spiritual knowledge, and am interested in concepts dealing with peace. If you would like to share your experiences, views etc., write to Colin Giardina, 23 Horizon Crt, ASHMORE 4215.

HAWKESBURY FARM AND GARDEN service, horticultural advice and services. Planning, design, land assessment, orchards, crop care, tree surgery, tree care, landscaping, garden improvements, technical advice. Can teach skills if required. M. Carey, Qualified Agri-culturist 045-765-703.

THE VEGETARIAN INFORMATION centre provides free information on health, vegetarianism, diets (including diets for babies and children), social events, animal welfare (including vivisection), pets (including vegetarian diets for dogs and cats), vegetarian restaurants, cafes, cooking classes and more. Just send a business size SAE to PO Box 440, RICHMOND 3121.

FLOWER ESSENCES a natural way to wholistic healing. We have available an extensive range of essences. Stock bottles \$2 each. Individual remedies are also available including the Bach Flower Remedies. Send 2 stamps for details to Natural Flower Remedies, PO Box 1796, MACCLESFIELD 5153.

LIBERAL CATHOLIC CHURCH: Twentieth century church family offers catholic worship combined with freedom of belief, mystic approach to wholistic lifestyle. Contacts: Father Washington, PO Candelo 2550 or Father Vanderley, PO Box 14, Mudgeeraba 4213 or Vicar-General, PO Box 220 Glebe 2037 or Ph: 064-932-227.

PROTECT, THEN SELL your ideas/inventions. Enquiries to The Ideas Registry, Locked Bag 1, MORTDALE 2223.

HERPES SUPPORT GROUP, based in Brisbane, offers accurate information and emotional support for people suffering from Herpes Simplex I and II. A wholistic approach of positive self management! Counselling, mail order products, correspondence welcome. Introduction agency to meet others with Herpes. Enquiries to Marilyn, PO Box 482, PADDINGTON 4064 or Ph: 07-369-9876.

MUDBRICK MAKING, laying and rendering days. Oct 10, Nov 14, \$15/day. Jenni and Wayne, 'Inverwood', ALLAMBEE 3823. Ph: 056-344-214.

HOLIDAYS

LA MANCHA HEALTH Centre Wollongbar, NSW, 2480. Motel-like accommodation. Beautiful rural environment. Special from \$165 pw. Directed by Matthew Steele, dietician and author. Phone or write for brochure. 066-295-138.

GRASSIFIEDS

HOLIDAYS

ORPLID VEGETARIAN HOLIDAY FARM on Tamar River, own shoreline, boats, wholefoods from our organic garden, single and double rooms with C and H water. Big library, lifestyle books and tapes; meatless cooking classes and organic gardening sessions, special exercise and diet for overweight. Or: working holidays, work in exchange for keep. Kayena, RSD BEACONSFIELD 7251. Ph: 003-947-174.

BICYCLE TOURS OF NEW ZEALAND — we feature biodynamic, organic farms and provide all cyclist's services. PO Box 11-296, AUCKLAND 5. Ph: 591-961.

'KERSBROOK' HOST FARM. Beautiful, colonial-style accommodation, family atmosphere, home-made bread. One room with double and single, one double room. Dinner by arrangement. Member Country Accommodation Association. Ph: 003-542-418.

BED AND BREAKFAST in private home, good knowledge of Bendigo area. Ph 054-424-400.

LOOKING FOR THE UNTIMATE experience? Visiting New Zealand? Then why not take the opportunity of visiting an isolated sheep farm and stay with a family in their ranch style home. We are Nola and Bruce Dick, have a family of four, and love meeting people world wide. We provide dinner bed and breakfast, and if you wish your own campervan is welcome. Situated 40 km from Dunedin, S.I. For further information please contact us, Mosgiel 0011-024-89-3477, or write 'Lee Ridges', Hindon, RD 2, OUTRAM, NEW ZEALAND.

GARDEN AND ORCHARD

HONEY LOCUST SEED. start now for spring \$10.60 seeds. Postage and information included. Yarralaw Shade & Fodder Trees, Yarralaw Rd. BUNGONIA 2580.

NUMBY NUMBY EARTHWORMS — breeders and suppliers of live earthworms for gardening, composting, horticulture and breeding stock. Our 'Speedy Breeder Compost Worm' revolutionises your compost and transforms your garden. Just \$18 per 1000 worms, includes postage Australia wide and instructions. Numby Numby Earthworms, ROLLAND PLAINS 2441. Ph: 065-858-239.

GROW YOUR OWN TREES from quality seed. Over 200 species listed — tree lucerne, acacias, ginkos, eucalypts, stone pine, honey locust, etc. Also limited stocks of Royal Paulownia and rainbow chard. For seedlist send 2 x 37c stamps to Central Seeds, RSD LOCKWOOD 3551.

**DEADLINES: GR 64 — OCTOBER 28TH
GR 65 — DECEMBER 30TH**

HERBS — CULINARY, medicinal, repellants, lavenders, old fashioned flowers, fodder trees. Send large SAE for list. Yandiah Nursery, PO Box 227, WELLINGTON 2820. Ph: 068-452-048.

'JACK AND THE BEAN STALK SEEDS'. New Guinea Bean, climbs high trellis, poles with netting attached etc. Grows fast, looks like climbing pumpkin vine. Some fruit known to grow 5 ft long. 10 seeds for \$2.00 covers postage Australia only. 'Barlows Farm', Martindale, DENMAN 2328.

SEEDS, ORIENTAL VEGIES, FRUITS, herbs, flowers, suited to sub tropics. 50¢ packet. For list send 2 stamps to Lorraine Blaney, PO BEACHMERE 4510.

LARGE RANGE culinary and medicinal herbs, rare vegetables, edible plants, seeds. Send 7 x 37c stamps for information, articles and catalogue. Shipards Herb Farm, Box 66, NAMBOUR 4560.

COMPANION PLANTING CHART, second edition now available. An attractive guide to companion gardening, covering over 90 vegetables, herbs and fruits, including plants as insect repellents. Mail order \$4.00 (postage included) Plum Products, RMB 3635, GLENLYON 3461.

FOOD AND KITCHEN

HOME STONE FLOUR MILLS: Mill your own stoneground wholemeal flour for cakes and bread at home with a Retsel Little Ark Stone Flour Mill. 'Endorsed by Housewives Association'. Write for catalogues to: Retsel Distributors P.O. Box 712, DANDENONG 3175, enclosing three postage stamps or Ph: 03-795-2725. Distributor enquiries welcome.

ELECTRICAL FOOD DEHYDRATORS. Scandinavian made, dry your own fruits, herbs etc without chemicals. Drying capacity: 250 gr/tray (4 trays), \$130 incl. P and H, send no money now, you'll be billed, if not satisfied return the appliance, order from Finnhealth Products Co, PO Box 336, LAKEMBA 2195.

COURSES

PERMACULTURE DESIGN COURSE Melbourne Jan 1988 by Bill Mollison, an intensive 12 day certificate course covering the principles of permaculture and alternative finance and legal strategies for groups and individuals. The course focuses on skills needed for both urban and rural situations. Contact Ian Batchelor, 35 Jordan Grove, GLEN WAVERLEY 3150. Ph: 03-560-4174.

SPEED PAINTING is a two hour video taking you step by step through six paintings from start to finish. Simple easy to follow techniques. Start painting Australian landscapes immediately. \$49.50. Full list of materials provided. Contact Len Hend, PO Box 502, MULLUMBIMBY 2482. Ph: 066-841-538.

LEARN GUITAR BY CASSETTE. This excellent beginners course will teach you to play guitar with no previous experience of music. Instruction book and cassette cover tuning, chords and solos. Compiled by top professional musicians and teachers. Cost \$20 (post free). Order from Brunswick Publications, PO Box 252, CROYDON PARK 2133.

CALENDAR EVENTS

1987 ECKANKAR AUSTRALASIAN regional seminar November 28-29, 1987, Perth, Western Australia. This year seminar talks, workshops and roundtable discussions will explore the theme of 'The Heart of ECK'. At the close of each day, the Living ECK Master, Sri Harold Klemp will share the subtle truths of Spirit in his unique and humorous way. We hope you will join us for this very special occasion. For full details Ph: 09-381-2640 or write Perth ECKANKAR Centre, 186 Hay Street, SUBIACO. 6008.

LIVESTOCK

GET STARTED IN BEES! Basic hive, ready assembled and painted \$60; bees \$30 extra. Complete beginners outfit with all necessary gear, bees and instructions \$130. FOB Londonderry. Send for details to Brian Brett, 125R The Northern Rd. LONDONDERRY 2753. Ph: 047 774-866.

QUEEN BEES FOR SALE. Italians and Carniolans. Nucleus hives also available. Country Bee Apiaries, PO Box 440, Strathpine 4500. Ph: 07-205-2861 or Sundays at Dayboro Country Markets.

CLUBS AND SOCIETIES

DONKEY SOCIETY OF AUSTRALIA, for information on magazine subscription, publications, books and care of donkeys. Contact: Federal Secretary, M.M. Smith, 'Warrawurra', Bushells Ridge Rd, WYEE 2259.

THE AUSTRALIAN HERB SOCIETY. Join now, members receive quarterly magazine, free seeds, access to extensive tape library. For application forms write to PO Box 110, MAPLETON 4560.

LET'S GROW GARDEN CLUB. A new correspondence club, with Glen Heyne and John Mason. Benefits include: quarterly newsletters; mail order catalogue; exclusive plant and seed collections; workshops, courses, tours and holidays; special discounts on books, tools products etc. Send \$10 annual subscription to 'Let's Grow', The Garden Cottage, Malmsbury Rd, DAYLESFORD 3460.

HANDCRAFTS

PRESSED FLOWER GREETING CARDS handmade with delicate cottage garden favourites at wholesale prices. Full sized card with envelope \$1.30 each. Gift tags \$3.00 doz. Contact Jenny Dewis, Hawthorn Cottage Crafts, LEGANA 7251. Ph: 003-301-130.

WANTED — STALLHOLDERS handcrafted goods and similar. Arts Convergence Easter 1988 1st to 4th April. Necessary to apply now. Enquiries to Convergence, 4 Pulpit Hill Road, KATOOMBA 2780, or Ph: Blue Mountains Arts Council 047-822-359.

CASHMERE — have you wished you could use cashmere, one of the world's finest fibres? Make your own luxury garments. Combed cashmere available now 100 g white \$15.00, grey \$14.00, brown \$13.00, approx. 500 g to spin enough for jumper. Mail order or inspection by appointment BELISA GOATZ, PO Box 73, BAULKHAM HILLS 2153. Ph: Bev 02-629-2865 or Carolyn 02-629-2532.

**DEADLINES: GR 64 — OCTOBER 28TH
GR 65 — DECEMBER 30TH**

ESSENTIAL OILS potpourri and natural products — for aromatherapy and craft work. We are the manufacturers of raw materials for making massage oils, soaps, cosmetics and household products. Our extensive range includes: essential oils, absolutes, fragrances, vegetable oils, gums, waxes, extracts, potpourri, herbs, spices, essences, pottery and containers. Buy from us direct, small or bulk sizes, and save with our low prices. Send stamp for free catalogue to Auroma, PO Box 187, RICHMOND 3121 or call in at 22 Mount St, PRAHRAN 3181.

GRASSIFIEDS

HANDCRAFTS

POTPOURRI & SACHET SUPPLIES. We have the largest range of materials for fragrant craft work at the lowest prices in Australia — economy and traditional potpourris, flowers, herbs, spices, essential oils, fragrant pots, drawer liners, sachets, pomander balls, fragrant gift lines, craft board stiffeners, books and much more. We simply are the biggest in the country, but cater to all requirements, the beginner to the chain store. Write for free mail order catalogue, Potpourri & Sachet Supplies, PO Box 53G, NORTHCOTE 3070. Ph: 03-489-8405.

PUBLICATIONS

THE GRAIN AND SALT SOCIETY (Australian chapter). *Seasalt's Hidden Powers*, book by Jacques de Lengre, is obtainable from the Society, C/- PO PIONEER 7254. Cost \$10 incl. post. SAE for Society information.

AUSTRALASIAN HEALTH AND HEALING — Journal of alternative medicine. Australia's major health care quarterly, emphasising self healing and prevention of illness through measures which raise body defences. Sold at most newsagents and health shops \$3.50 each and by subscription \$12.50 per four issues (1 year) \$23.00 eight issues (2 years). Write Australasian Health and Healing, 29 Terrace St. KINGSCLIFF 2487.

INITIATION INTO GENUINE MAGIC by Franz Bardon. More details (SAE) from HERMETICS, PO Box 84, WEST END 4101.

AUSTRALIAN SMALL FARMS HANDBOOK — new edition out now. Where to get products like pumps, wind generators, solar cells, seeds, livestock (including bees & earthworms), and stockfeed, organic supplies as well as chemicals & fertilisers; information on breeding deer or growing nuts; courses in farming skills; helpful groups and organisations from Permaculture to Agriculture Depts. Listings cover all states; reviews of books & magazines and a calendar of Field Days and shows. All this for \$12.95 (plus \$1.50 post) from Second Back Row Press, PO Box 43, LEURA 2780.

AUSTRALASIAN SURVIVOR the magazine that prepares its readers for the fast coming hard times. \$2 for sample. PO Box 11, DICKSON 2602.

'EARTHRIS: A PERSONAL responsibility' by David Thatcher. Explore wholeness, health and purpose as it relates to us individually and as one global people. Positive, practical, non-dogmatic. This book is for those who care about our planet. Illustrated. Send \$8.45 (includes p and p) to: The Bookcellar, 172 Arthur St, FAIRFIELD 3078. Ph: 03-481-7953.

COOKING WITH LOVE. wholefoods recipes for babies and children by Christine Hepworth. All natural, no sugar or red meat used. Available from the Author. PO Box 69, LAWSON 2783. \$5 post paid.

TURKEY TALK — a bi-monthly newsletter for the small-scale turkey breeder and pure breeds fancier. Subscription \$12.00 per year. Sixth issue available now from Night Owl Publishers, Box 764, SHEPPARTON 3630.

ANIMAL FRIENDS, quarterly, the magazine for all who love animals. If you share your life with an animal friend this is the magazine for you. Regular features include veterinary column, book reviews, young people's page, lively letter pages plus factual and entertaining features. *Animal Friends* is only \$6 a year. *Animal Friends*, 40 Northam Rd, EAST BENTLEIGH 3165.

GENOCIDE TREATY, invasion of private liberty, what is it? How does it affect us? Information Dr. Don Gray, PO BENTLEY via LISMORE 2480. Ph: 066-635-213.

ORGANIC GROWING a quarterly magazine about growing food the natural way. Gives you practical ideas for organic gardening, farming, livestock and related subjects. Available at newsagents (\$2) or by annual subscription (\$10 Australia or \$12 overseas). PO Box 228, ULVERSTONE 7315.

DISCOVER THE NEW AGE and prepare for the changes ahead. Read 'New Age Times', the newspaper with direction. Enquiries: P.O. Box 180, KINGSWOOD 5062.

NEW AGE MOVEMENT — what is it? How does it affect us? Information Dr. Don Gray, PO BENTLEY via LISMORE 2480. Ph: 066-635-213.

MISCELLANEOUS

MAKE YOUR OWN BRICKS and save: moulds for bricks, blocks, stepping stones, pavers, garden edging and the unique Mortarless Lockable Bricks. Our special fibreglass moulds are inexpensive, easy and quick to use with mould turnaround of seconds. Making costs approx. Bricks 4¢ each, building blocks 8¢ each, 30 cm stepping stones 9¢ each, paving 1.29 sq. metre, garden edging 27¢ metre. Send \$1 (refundable) for detailed brochure. 'Dick and Betty', 5 Terrace Falls Rd, HAZELBROOK 2779.

HOME WASTE ecology system. Use mother nature's own processor. Turn your household & garden waste into a natural organic fertiliser. Full instructions plus 2000 worms & eggs for \$30. Goulburn Valley Earthworms, RMB 2357, TATURA 3616. Ph: 058-290-114, 058-290-290.

CHIP HEATERS. No electricity needed for instant hot water, operates from town or tank water supply. \$125.00 including packing and postage 'Heaters' 358 Centenary St, ALBURY 2640. Phone: 060-215-469.

MINI WORM FARM KITS. 1500 plus worms, bedding, egg capsules, with full instructions, in a self sufficient breeding container, allowing a continual supply for compost gardens, bird and fish food, \$25.00 plus \$3.50 for postage to nearest railway station. Sydney Worm Supplies, 1 Clanville Rd, ROSEVILLE 2069. Ph: 02-461-414.

COCKROACHES. birth control sterilisation of roaches by the inventor of the human birth control pill. Dr Carl Djerassi USA Gencor sterilizes and prevents breeding of roaches without any dangerous chemicals or poisons. Natural death to ingestations with four months protection. One gallon mix for \$30. Linforth and Associates, PO Box 380, AIRLIE BEACH 4802. Ph: 079-467-315 AH.

HEALTH PRODUCTS AND BOOKS at wholesale prices. I have closed my shop because of a transfer and am selling my remaining stock at cost. Please send for list to: Mrs Eris Faul, PO Box 1094, ARMIDALE 2350.

1960 BEDFORD BUS. fitted out for family travel, RWC, 12 months registration. \$8,000. Ph: 051-541-625 or 051-542-096.

GO-ANNA SMALL PLOT TRACTOR. Low cost mini tractor will cultivate, sow, spray, weed, grade land, dig ditches, form beds, and tow trailers. Five horsepower engine, four speed, reverse. Sows vegetable, pasture, legume, cereal seed. Sowing width one metre. See GR 59. For brochure, GO-ANNA SMALL PLOT TRACTORS, Box 370, SHEPPARTON 3630.

BUILD YOUR OWN SOLAR hotwater unit. Send \$10 for plans to Texplus, PO Box 149, CALOUNDRA 4551.

GENERATOR 7.5 kVA factory made (British), powered by 1500 cc BMC motor, seized but can be fixed. \$400. Ph: Lyn 045-672-131.

SOLAR-GENERATOR ELECTRICITY: due to unexpected arrival of SEC we are selling our total system. Comprising electric start 5 kVA generator, 4 solar panels mounted on tracker, 1800W, 240V inverter, 40W battery charger, large bank deep cycle batteries (less than six months old). Replacement cost \$7000, sell \$3800. Ph: 054-289-346.

ELECTACAIRE food dryer, never used. \$85. Sandy Ph: 03-439 6657.

GRASS ROOTS MAGAZINES. Nos 1 to 41. In GR folders. Good cond. \$100. Jack Parry, Lot 8, Blackwood Road, VINEYARD 2765. Ph: 045-773-806.

ORGANIC GRAPE JUICES and non alcoholic beverages, liquid organic seaweed for garden or farm, Mail orders delivered door to door anywhere in Australia. Write PO Box 314, Robinvale 3549. Ph: 050-263-955, or Demeter Bio Dynamic Fruit Juices, C/- PO POWELLTOWN 3797.

HEALTH PRODUCTS VITAMINS and minerals. Good selection, 20 per cent discount to GR folk. Pam Gray, PO BENTLEY 2480. Ph: 066-635-213.

MEDITATE on the inner light and sound and transcend body consciousness under the guidance and protection of Master Sant Darshan Singh. True spirituality is a gift from God and is given free of charge. For further information, please contact Sawan Kirpal Ruhani Mission, 63 Morrie Cres, NTH BLACKBURN 3130. Ph: 03-898-8950.

SOLAR FOOD DRYERS. Build your own, save money as well as vitamins. Send \$10 for plans and hints to Texplus, PO Box 149, CALOUNDRA 4551.

LAUGHTER TAPE, cheer up and laugh along with 60 minutes of continuous laughter on cassette. Send \$12, postage included, to Lucy Smiechura, PO Box 81, BONDI 2026.

ORGANIC, HYPO-ALLERGENIC skin care products, vitamins and household cleaners. No animal ingredients and not tested on animals. Free catalogue. Send 37c stamp to M. Chitts, 82 Athol Rd, SPRINGVALE STH 3172.

GRASSIFIEDS

CONTACTS

SINGLE MALE (29), 190 cm, slim, bohemian, loathes burning tobacco, moderate to drinking, non-religious, enjoys planning an autonomous lifestyle, animals, permaculture, good food, music, massage, being an Aries and conversation, sense of humour. If you consider yourself attractive, not too cynical, share some of the above and are a Gemini, Sagittarius or Aquarius lady, contact B.J. RMB 8145, LARPENT 3249.

ARE YOU ALSO IN NEED of an honest sincere loving relationship/marriage? Sharing laughter and tears, work and play. Are you kind and thoughtful? Preferably on the land? I am 46 look 36 with grown up family. I am looking for you! Please write to me Helga Norton, 45 Meerlu Ave, FRANKSTON 3199.

IS THERE INTELLIGENT academic male in 50's with GR values in SE Qld? Sensitive, professional realistic female seeks you. Cordelia, C/- Box 764, SHEPPARTON 3630.

EVER-OPTIMISTIC, resourceful lady (30), tall, blonde, attractive with beautiful new-born son, seeks to meet independent man (30-40) who is practical, sensual, spiritual and adventurous, for permanent relationship. To share the simple joys of life, nature's beauty, long walks, the water, stimulating conversation, meeting diverse people, gardening, travelling (especially Asia/Pacific region). Please contact Sonie Niekerk, PO Box 4785, DARWIN 5790.

GR GUY YOUNG 40, slim, fit 5 ft 8 ins. with small riverside farm, seeking alternative style, plump or slim, adventurous lady interested in starting food-jungle, boat building projects, travel and cruising lifestyle. Social drink, occasional smoke, children welcome. Jon. 33 Winterton Pde. LISMORE 2480.

LADY, SEPARATED, late 40's, 5' 6" tall, interested in gardening, crafts, animals, nature and outdoors. Seeks contact with strong, sensitive, positive thinking guy with old fashioned values. Please write E. Watson, PO SOMERSET 7322.

CARING LADY 29, interested in reading, travel, music, collecting old and rare items, animals, gardening, loves country life, beaches and mountains. Seeks warm, mature man who is honest and considerate, a lover of nature but has realistic views and ideas of security for the future. Jill, 20 Claremont St, RED HILL 4059.

EARTH GODDESS SEEKS SKY GOD! Amazonian adventuress, American wildwoman, talented artist/singer/writer/actress desires intense, passionate, inspired, funloving, ambitious, practical, prosperous, positive thinking, archetypical mate. Phoenix, Lot 4, Taylor Rd, WITHCOTT 4352.

ARE YOU AN INTELLIGENT, affectionate vegetarian woman who is reasonably easy to get along with and would like to meet a similar vegetarian man? Yes? Then please telephone Greg 03-862-1686, any morning, or write to PO Box 440, RICHMOND 3121.

WOMAN 37, SINGLE, country interests, assets, seeking compatible male friend. Probably cheerful, practical, tallish, non smoker. Write 'Pat', PO Box AU35, UNIVERSITY OF NEW ENGLAND 2351.

DIANA 36, separated, 3 kids, love outdoor life, sports, healthy, horse riding, looking for new friends, companions, canoe partner. Ph: 071-967-705.

VERY LONELY GUY, separated 32, feeling lost and disenchanted with life at the moment. I truly believe if I could find a kindred spirit to share hopes and dreams with the world could sparkle again. Hardworking and willing if anyone anywhere needs a hand. I'm 5 ft 10 in, 13 stone, told I'm presentable, enjoy creating with my hands from nothing, love animals and all things soft and helpless. I'm free to travel. Too much to write here. Will answer all letters promptly with details. Wayne, PO Box 266, PT. KEMBLA 2505. Ph: 042-74-1260.

ARE THERE ANY OTHER GR single mums who would like to share with Shane (5) and myself (26)? Maybe going halves to buy a patch of land. We're not set on anywhere in particular, open to suggestions. Will answer all letters. Megan and Shane Lyons, 15 Overend Cres, SALE 3850.

GAY MALE 37, seeks loving and working relationship with another man. Interests include the bush, music, movies. I'm healthy, friendly, educated, non-smoker. I own a property but could buy another near park for sustainable farm with holiday cabins. If compatible, let's meet. David, PO Box 704, GRAFTON 2460.

**DEADLINES: GR 64 - OCTOBER 28TH
GR 65 - DECEMBER 30TH**

HI, I'M 38, divorced, rustic looking with neat beard, fair hair and blue eyes, 70 kg and 5 ft 8 in. I'm into warm weather and beaches, jogging, camping in out of the way places and do it yourself, whatever it may be. I'm seeking a lady of suitable age with a grass roots mentality. G. Scott, 30 Stirling Ave, SEAHOLME 3018.

FEMALE 48, DIVORCED, 5 ft 3 in, slim Scorpio, interests include gardening, bushwalking, camping, travel, animals. Seeking friendship with male 48 to 60 years, non smoker and drinker. Reply Cheryl King, C/- PO, COBDEN 3266.

GAY WOMAN 44, own property, idyllic setting Albury NSW seeking new companion. Enjoys fishing, hunting, gathering, permaculture, creative skills, babies and the bush. Write anyway. Diana C/- PO 764, SHEPPARTON 3630.

INTRODUCTIONS, soulmates, friends, understanding help. Full details. SAE 'Consultus', Box 831, COOLANGATTA 4225.

HI, MY NAME IS IAN, 40 years old, single, never been married, Australian born 5 ft 7 in tall, blue eyes, fair hair, non-smoker, very light social drinker. I am a quiet tidy easygoing person. I am a member of the Church of England and a regular churchgoer. I am also mechanically minded and a very good handyman about the house. My interests are classical music, picnics, gardening, camping, outings, travelling, photography, bush walking, country drives, vintage machinery. I would like to meet a sincere grass roots lady living in Vic., 30 to 40 years, single for friendship and companionship with view to permanent relationship. All replies will be definitely answered. I. Nethercote, 119 Belmont Road, SOUTH CROYDON 3136.

WANTED MALE COMPANION. Widow middle aged would like nice homely outgoing male to share large pig farm plus in mid coast NSW. View to travelling and or marriage. Write Marian, Randall Industries, NANA GLEN PO 2493.

INTELLIGENT REASONABLY attractive guy, 35, 182 cms. Seeks adventurous female share correspondence, determine compatibility view to visits, sharing family life, ecology, politics, permaculture. Have small farm, forest, water. Please write Robert, PO Box 116, WALPOLE 6398.

I AM A QUIET, but fun loving lady, who would love to share life's experiences with an alternative life style mate. I am 33, have a great love of animals, and the countryside. Age to 44. Jenni, 19 Polaris Dr, DONCASTER EAST 3109.

FEMALE COMPANION WANTED by a 41 y/o presentable male to share in developing a ceramic and related business on a few acres in a small historic country village. Permanent relationship if suited. For more info please write John Mead, Lot 118, Bathurst Road, HILL END 2850.

WOMAN 33, wants to make contact with blokes. Age open kids OK. Intelligent, compassionate, physical outdoors type, able to communicate honestly and easily, not into drugs religion boozing. This is me currently on farm Grafton — if it's you please write so we can perhaps share our lives. Ann, PO Box 704, GRAFTON 2460.

MALE, 39, seeks a lady for friendship, must enjoy going out and having a good time. Preferably between 27 to 37 with no ties. I enjoy going to the movies, camping, and a social drink. Please write to John Waters, C/- 139 Stumpy Gully Rd, HASTINGS 3915.

GR NURSING LECTURER (39) mixed nationality seeks self employed or tertiary educated gentleman (34-?) for possible marriage and family. I eventually plan to work in alternative medicine and build a coastal home. If you have a child great! B. Butler, PO Box NWNEC, Wood Terrace, WHYALLA 5600.

RETIRED GENT 50'S, moving small farm, N. Coast. Seeks to be part self sufficient and lady non smoker 25-50 yrs. Perm. home if suits. A.M. 68 Dunban Rd, WOY WOY 2256.

FEMALE 29, intelligent, grassroots philosophy believer, non smoker. Seeks sensitive aware guy, a lover of nature and life. Deb, 9 First Ave, GLENELG 5045. Ph: 294-1711.

EASY GOING MALE 41, 3 well behaved kids new home on 50 acres would like to meet quiet homely lady 25 to 40, kids welcome. Max, 31 Arncliffe Ave, PORT MACQUARIE 2444. Ph: 065-615-082.

ATTRACTIVE LADY TO 30, forever lasting relationship. Wants to live north Qld in old house forgetting the world, grow what is needed. Please write. M. Whitehead, 68 Hotham Rd, NIDDRIE 3042 or Ph: 03-379-8203.

LATE GRASSIFIEDS

GRASS 82 ROOTS

Information Available

THE INSTITUTE OF EARTH EDUCATION

The Institute of Earth Education is a group of educators and concerned environmentalists who feel that environmental education has gone astray. 'Sunship Earth' was the Institute's first program and the full program is currently being offered for school systems in Australia by the South Australian Department of Education at Karatta Outdoor Centre in Kangaroo Island and by the ACT Schools Authority at Birrigai outdoor school.

The Institute of Earth Education is a non-profit group and has no paid employees. Lots of hard work has gone into getting 'Sunship Earth' ready for its first students this year. Anyone requiring further information please contact:

Arthur Baker, 18 Withers Place, WESTON 2611.

HERBICIDES IN AGRICULTURE: minimum tillage, science and society.

This book examines the context in which minimum tillage and agricultural herbicides were introduced, including: the environmental effects of conventional agricultural practices; the change in practices over the years and how soils have been degraded; and what benefits are gained by using minimum tillage. One of the authors, Jeanette Conacher, was the editor of the Organic Grower's (WA) magazine for six years. Together with her husband she has published several papers on the adverse effects of agricultural practices on the Australian environment. This book is available from the authors at \$10.00 per copy from:

The Department of Geography, University of Western Australia, NEDLANDS 6009.

ITCI

The International Tree Crops Institute was founded in 1977 as a non-profit/charitable research and development institute focussing on multi-purpose tree crops for the world's fragile lands, tree crops that can supply the needs of the land and its people.

The Australian office of ITCI is now a membership organisation (\$25 joining fee; \$25 a year). Benefits include opportunities to participate in exchange programs, and a quarterly newsletter — plus international networking. For further details:

Geoff Wilson, ITCI Australia, P O Box 283, CAULFIELD SOUTH 3162.

WIRES

Wires is a network of volunteers dedicated to helping wild animals in distress or in need of removal to a more suitable habitat. It provides information on wildlife care to the public and tells how to maintain the natural habitat for our native wild animals.

If an animal needs foster care it is rehabilitated and released back into the wild when ready. All foster carers are authorised by the National Parks and Wildlife Service and are inspected by WIRES to help maintain the standards of care. If you would like to help personally or by making a donation please contact:

Fund For Animals, PO Box 371, MANLY 2095.

THE MANGO IN AUSTRALIA

The CSIRO Division of Horticultural Research has just released this booklet, part of a series featuring fruit and nut varieties useful in tropical and subtropical areas of Australia. Prepared as a guide to growers, gardeners and consumers of this increasingly popular and profitable fruit, it gives advice on growing and marketing the different varieties of mango. Copies are available for \$7.00 post paid (cheque or m/order payable to Collector of Moneys, CSIRO) from:

The CSIRO Bookshop, PO Box 89, EAST MELBOURNE 3002.

COMMUNITY AID ABROAD

Could world development and environmental protection be compatible? CAA's Youth Section is organising a conference around this theme to be held in Melbourne on November 28th-29th 1987. Registration: \$35/\$20. If you are interested contact:

Julie Smith, 156 George St, FITZROY 3065. Ph: 03-419-7111.

THE HANDKNITTERS CONNECTION

This different and interesting newsletter is for handknitters, be they home knitters or commercial. It is available by becoming a member at \$25.00 as from January 1987. The newsletters contain hints, designs, patterns, marketing and management ideas and teaching suggestions. The newsletter also provides an outlet for complaints from knitters who have encountered problems. This is an excellent service as it enables people to communicate with one another and solve their problem. For further information:

The Secretary, The Handknitters' Connection, 93 Kirkwood Ave, SEAFORD 3198.

TORIMBA

Ravenshoe is a tiny picturesque town in far north Queensland. It is almost entirely dependent on timber and the harvesting of our beautiful rainforest timbers. In October this sleepy town springs to life with the Torimba Festival. Torimba is the marriage of tourism and timber. The tourists flock to this area for the Festival of the Forests which has become the mecca for woodworkers, sculptors and painters. Timber and its uses are the central point of our existence and give great pleasure to our visitors. See you in October.

HERB FARM

Shipards' Herb Farm specialises in culinary and medicinal herbs, aloe vera, many rare plants and exotic fruit trees. Visitors are welcome to join in regular farm walks to learn more about organic gardening methods and the various plants available. A mail order service is also provided (send 3 x 37 cent stamps for information sheets). For more details of the farm, herb and plant courses or directions on how to find it, contact: Isabell Shipard, PO Box 66, NAMBOUR 4560, or Ph: 071-411-101.

SOUTHERN CROSSINGS

This bi-monthly magazine, a guide to activities and ideas in the worlds of natural health, self awareness and peaceful living, is now priced at \$1.50 per copy. A year's subscription (6 issues) costs \$10, including postage. Look for it in your local health food store, newsagent or bookshop, or send your subscription to:

302 Pacific Hwy, LINDFIELD 2070

AUSTRALIAN CASHMERE GROWERS ASSOCIATION LTD

The single industry body for cashmere growers, the association handles and markets the total Australian cashmere clip. Its objectives are to promote the industry, maintain standards, undertake research and development and keep members up-to-date through various media outlets and regional activities. The quarterly journal, *Snippet*, provides news and industry information to members. For membership and general enquiries, contact:

Sally Green, English St DONNYBROOK 3064.

AUSTRALIAN PARROTS TO APPLIQUE

This book of patterns based on Australian birds is designed to be used for either machine or hand applique. They are the result of 25 years of experience in creating delightful patchwork and applique articles and teaching others how to do the same. All patterns are a ready-to-use size and include a list of suggested colours to make them really lifelike. The book is available for \$6.20 post paid from the author:

Mary-O Roberts, 'Gunnadoo' RMB 43C, DENILIQUIN 2710.

SOUTHERN CROSS HERBAL SCHOOL

For people who are interested in the study, practice and propagation of herbalism, this school provides full-time study facilities at its headquarters in Gosford, as well as catering for part-time students in Sydney and Newcastle. Correspondence courses are also available. The aim of the school is to provide quality tuition in an economical way and its Diploma in Herbalism is an accepted qualification for membership of the National Herbalists' Association of Australia. Address enquiries to:

PO Box 734, GOSFORD 2250. Ph: 043-252-461.

Feedback Link-Up Feedback

Dear Megg and Co,

What a great magazine *Grass Roots* is! Thank you all for your efforts in giving it to us. I have been an avid reader for the past ten years and really look forward to every second month when it comes out.

I have 100 acres of beautiful mountain top land at Collector NSW which is gradually coming into shape, but I have one large problem. When I build my mud brick cottage I want to put in a COMPOSTING LOO but it seems I may have PROBLEMS with the Shire Council giving permission. Apparently they are worried about flies and also the pill and anti-biotics — people who are on these shouldn't use a composting loo as they inhibit the breakdown process — but I have an outside loo for this eventuality. So if anyone has had this problem with any other shire councils and can give me some information on how to alleviate their fears I would be most grateful. Peace to everyone, everyone.

Adrienne Carpenter
105 Maitland St
HACKETT 2602.

Dear GR Readers, Especially in NZ,

I am sick of the city and I have to get away. So, I've decided to head off to New Zealand for three months starting December 87. I'm a twenty year old landscape architecture student and I'm very interested in permaculture, alternative building, and an alternative way of life. I don't smoke and I'm easy to get along with.

I would love to hear from anyone in New Zealand who could offer me ACCOMMODATION AND EXPERTISE in return for a helping hand with building, gardening, tree planting etc. Any length of time would suit me. Or, if you don't have room for another bod, I'd still like to drop in on my way past and see what you're up to. I want to learn everything I can about biodynamic and organic farming, permaculture and building while I'm away, so all contacts would be appreciated.

Also, if there is anyone who will be TRAVELLING IN NZ at the same time and would like some company, drop me a line. I will be travelling alone and would like the company of someone with similar interests. I'll be hitching around, camping and fishing and perhaps buy a bicycle sometime.

Don Thomson
5 Lochabar Crt
IVANHOE 3079.

Dear GR Readers,

I have only just discovered this gem of a magazine and have just started to live life by self sufficiency and organics.

Being a pensioner with two boys, 13 and 10 and expecting my third child, life's a touch tight at present, am out renting a farmhouse on my own and finding life a little lonely at times. I wondered if any readers could GIVE ME A FEW DIRECTIONS on organics, permaculture, crafts, soap, shampoo and household products, also on cheese, butter.

Anyone wanting to write just a friendly line would be much appreciated also. I'd love some friends by mail or contact. I'm 30 years young and still making it by trial and error. Happy life to you all.

Jenni Wright
C/- PO
GORMANDALE 3873.

Dear Megg and David,

We (Joan and I) are two sculptors at the moment working in our studio on the Central Coast. Our current project is the sculpting and casting of two larger than life size bronzes of Edward Eyre and Matthew Flinders for the bicentennial, so you can appreciate we are 'flat out like a pair of lizards drinking'! (We installed Sturt last year.)

It always surprises our visitors that we are living without electricity (mains) and yet still accomplish quite technical tasks. We do have a generator, but it is rarely used as we find correctly and well sharpened hand tools more than adequate and a lot quieter. It also tends to upset the chooks.

We have recently purchased 100 acres NEAR ARMIDALE and would be interested to hear from readers who know the tableland's idiosyncrasies, i.e. best growing seasons, types of vegies that like the 'granity' soils and all the other things that make for successful GR life style. We have ongoing commitments for 1988 but will be moving up in 1989 to build our home/studio. Our lifestyle will remain much the same with the exception of the purchase of some solar panels for charging batteries. Best wishes to you all.

Carl Merten
C/- PO
WYEE 2259.

Dear GR Readers and Craft People,

I am writing to ask if anyone could help us with IDEAS OF CRAFT KNICK-KNACKS that would sell at markets. My sister and I sell craft locally and would welcome some new ideas, maybe we can swap some.

I am one of two sisters that married two brothers and we have been travelling around on a working holiday for the last year and plan to keep going right around Australia. Our husbands are bricklayers and we move from job to job and town to town in a caravan with landrover and a mobile bus with landrover. We really enjoy it and would love to hear from you all. Thanks for a great magazine.

Jenelle and Ted, Colleen and Peter Oxenbridge
C/- 33 Ocean Dve
BONNY HILLS 2445.

Dear GR Readers,

I have for the past four years used information, recipes and natural medications supplied by the wonderful people who write in to *Grass Roots*. Now I hope that I may be able to help ARTHRITIS SUFFERERS.

After a near fatal car accident in September 1985 I now have arthritic riddled hips, painful dead nerves at the front of both legs and muscles still repairing themselves. The remedy I take morning and night is: one tablespoon of honey, one tablespoon cider vinegar mixed together with a glass of water and sipped like coffee. I have been taking this remedy for one and a half months now and even after two weeks I could feel a difference. I also take one kelp tablet at lunch time. I have been able to cut down medication and after two rotten years of being a near invalid I am able to walk with my beloved dogs over the hills with the help of a light cane, which today I didn't need.

I want to tell you the benefits of HONEY, VINEGAR AND KELP. I believe it is a healthy, happier way to relieve pain. Honey contains vitamins B and C, minerals and digestive enzymes. There are no harmful chemicals and not more than one hundredth part of it is waste. Honey has a laxative effect, it also helps to relieve muscle cramps. If necessary, a tablespoon of honey may also be taken at each meal as an extra. I have mine added to a fresh chopped up apple. Honey helps the body to destroy harmful germs and reduces putrefaction in the intestinal tract. The skin will increase in health and bones become stronger.

A cup of honey with 3 teaspoons of cider vinegar added can be used as a sedative. The mixture is kept in the bedroom and when you prepare for bed take 2 teaspoons. The honey is in your bloodstream 20 minutes afterwards. If you do wake through the night take another 2 teaspoons. Better than any pills! You can get more information on this from a little book called *Arthritis and Folk Medicine*.

To help all this along your diet must be considered. I myself have been concentrating on the Pritikin diet. I hope with information people will try this remedy. I truly believe it has helped me. Now that my hips are not so painful and stiff I am now also able to exercise. Thank you for a wonderful, happy magazine.



Di Westley
PO Box 50
NILDOTTIE 5238.

Dear GR Readers,

At the beginning of 1988 Greg, myself and little boy will be ADDING ON AN EXTRA ROOM to the house. What would be a great help is if anyone carpentry-minded is needing a break from whatever they are doing and can either help or throw in an eye and a few comments — there is a spare room here. We are both vegetarian, broadminded and placid people. To all other readers, may peace and love forever be in your heart.

Fran and Greg Grant
C/- PO
WAUCHOPE 2446.

Dear Jenni Simpson,

Re your problem with THRUSH (GR 62). The best (and cheapest) remedy I, and affected friends, have found is NATURAL YOGHURT. Rubbed into the affected area as often as needed, the culture found in yoghurt makes the habitat hostile to the thrush. It may be used in the vagina, the groin (especially in babies with nappy rash) and in the mouths of young children. For breastfed babies, smear on the nipples before feeding.

Several friends have used this remedy and it has cured all of them. I hope it works as well for you and the children — and anyone else that cares to try it.

Bronwyn Barden
Lot 3 Woosters Lane
NABIAIC 2312.

Feedback Link-Up Feedback

To All Grass Rooters,

We keep a few GOATS for milk and meat. The past few years we have been saving the skins to make a mat. I saw a patchwork one a while back and it was very impressive. It was joined together with leather thonging. Does anyone have any tried and proven patterns? We TAN THE HIDES ourselves very easily. Firstly scrape off excess fat etc. Then salt, roll up and leave one week. Then salt again and leave a further week. Next scrape off salt and any more fat. Stretch out and nail on a board. Mix to a paste olive oil and flour and rub in. Leave until dried and give another coat. Keep skin out of direct sun, but allow the wind to get to it. When dried wash in pure soap powder or wool mix and hang to dry. The skins turn out beautiful. We have only tried this method on kid hides and rabbit skins.

I'm sure a lot of people would benefit if when folk write in asking for help they offer some themselves. This may be a good book, a recipe, a handy hint or a word of wisdom.

I'd like to finish off with one more request. Our small son is a haemophiliac and if anyone knows of something which may be of help to us we'd be very grateful. Keep aiming for your dreams.

**Anita
PO Box 655
BUSSELTON 6280.**

Dear GR Readers,

I have been reading your magazine for the last two years and have enjoyed it thoroughly! I am hoping someone can help me, maybe with ACCOMMODATION IN RETURN FOR WORK or any information would be appreciated.

I have been travelling Aussie for the past six months and have been in Perth for the last three. Unfortunately I have had no luck with work and am totally fed up with city living. I will be leaving for north NSW in the next month or so, to meet my mother who will be holidaying there, but I hope to stay there if some work or accommodation comes up. Out of all the places I've seen so far, I enjoyed north NSW the most and would dearly love to become a resident for a while.

I have had some experience as a nanny on a North West cattle property after working at a child care centre for one and a half years. I love children and most of all living on the land. If anyone could help me, even with something temporary, again it would be much appreciated. I am 18 years old and in good health, except for the occasional cigarette!

**Rosemary Fickling
C/- 46 Hatchett St
Cranbrook
TOWNSVILLE 4814.**

Dear Friends,

I am fortunate enough to own 20 acres in north western Victoria, and am gathering ideas for a MUDBRICK HOUSE. At present I am working to finance the project and would like to correspond with people who have, or will be, building their own dwelling. Whilst I would love to hear from anyone regarding problems, power sources and any of those moments which on reflection you can laugh at, but at the time drove you to frustration, I particularly would love to hear from those in or NEAR MELBOURNE, as in 1988 I would like to spend time helping build and so gaining practical experience.

Many thanks to all the wonderful assortment of people who make *Grass Roots* such a joy to read. It always helps to banish self doubts when I share the hopes and dreams of you all.

**Michael Hayward
Blue Gum Caravan Park
Wells Rd
CHELSEA HEIGHTS 3196.**

Hello Everyone,

We have recently purchased 21 acres near Coffs Harbour up on the Dorrigo Plateau. We are presently stuck in Sydney, with the congested traffic, hyped up people and pollution. It certainly gets trying, but our dream of paying off the land and eventually living there gets us through. Our sympathies to all of you in the same situation!

We are hoping someone may have a solution to the problem of two WHITE ANT NESTS we have on our land. We are against using poison to get rid of them, as we do not want to harm any flora or fauna. So if anyone knows of a safe method to send them packing we would love to hear from you.

**Brenda and Nigel Darley
150 Parkes Rd
COLLAROE PLATEAU 2098.**

Dear Fellows,

We understand the movement toward co-operatives and intentional communities is growing in Australia, as it seems to be here in US. We are very supportive of your effort and ask your help in sending us names/addresses of any COMMUNITIES IN OR NEAR SYDNEY, as we would like to visit them on an upcoming trip.

We'll be working/living at Twin Oaks Comm. (Virginia, USA) in Sept-Oct, then coming to New Zealand (Riverside Comm. or Centrepoint) to live/work for as long as visas and Riversiders allow. Our 'open return' tickets (dates not set) allow us a stop in Sydney: and with your help, we can visit more communities there!

I'm very interested in 'meeting' dolphins and have heard of Monkey Mia, a beach where they often play. Could you tell me where along Australia's coast that is? Near what town?

We will be leaving mid September for Twin Oaks. Please feel free to offer ideas and advice. We are 'open'! Thank you.

**Karla C. Gipe and Ernest D. Pierce
4045 W. Meadow, #1151
COLORADO SPRINGS, CO
80906 USA.**

Hi GR Readers,

I am interested in constructing a MODULAR STYLE HOME using CONCRETE WATER TANKS. The tanks can be poured on site with doors and windows left blocked in the mould. Advantages are that it is fire proof, quick and cheap to build and a good insulator. Can anyone help me with construction ideas or is there anyone who has done something like this before? Looking forward to any replies.

**Jeff Smith
'Bogaduck'
MOOBALL 2483.**

Dear GR Readers,

I am a solitary 49 year old lady desperately needing to escape from the stress and strain imposed by working 11 hours per day, 5 days per week in order to survive, pay rent and just keep body and soul together. I have few friends, as going out alone here in the city of an evening is a definite no no, for a female, if one has any regard for their safety and well being.

So, is there anybody out there who is in basically the same position who would LIKE TO CORRESPOND with me, as sometimes a problem shared is a problem lessened. Also many long lasting friendships have been formed from a humble beginning such as just writing a warm friendly letter. I promise to answer any letters I may receive.

**June Sollazzo
8/35 Villiers St
ROCKDALE 2216.**

Dear Sirs,

The letter from Rosa de Graaf (GR 61) has caused some confusion amongst a number of Karisma customers who have been contacting us. KARISMA COSMETICS are members of CRUELTY FREE PRODUCTS; Karisma products have never been tested on animals. There are only four products from our ranges of Hair, Skin, Body Care and Makeup (a total of 98 products) that possibly may not be used by some vegetarians. These are —

Day Moisture Cream — containing Elastin
Night Cream — containing Natural Soluble Collagen
Protein Booster for the hair — containing some animal protein
Conditioner for the hair — containing some animal protein
Elastin, Collagen and the natural protein are all derived from normal by-products of slaughterhouses. I trust this now clarifies the point.

**Brian C Leggett
Managing Director
Karisma Cosmetics International Pty Ltd
11B 3 Kenneth Rd
MANLY VALE 2093.**

Dear Readers,

I am hoping to start a magazine made up of POETRY AND SHORT STORIES. Drawings would also be a feature. So come on all you cupboard artists and writers let me know if you are interested in contributing to the magazine. Also any one interested in helping to get it off the ground. I will reply to all letters received.

**Pat Fisher
21 Ocean Ave
STUARTS POINT 2441.**

Feedback Link-Up Feedback

Dear GR,

I am seeking any OLD EMBROIDERY DESIGNS for old fashioned aprons or pillow cases, about 30 years or older. Also transfers or copies of or used transfers. Thank you embroidery enthusiasts.

**Lynne Maloney
PO Box 124
DYSART 4745.**

Greetings Grooters,

A few responses to queries and issues raised in the last issues of Feedback.

June de Jager: Lakes Health Bar, 10 Myer St, Lakes Entrance 3909, serves terrific and nutritious take-away food. Applause to Warren Smith for raising the issue of SAFETY WITH POWER TOOLS. The careful novice is often a better operator than the over-confident 'expert'. Many power tools generate more torque than a cabinet meeting, and are almost as dangerous. On this note of safety, I found Christine Taylors' article lacking, though otherwise informative. Hot steel is potentially dangerous stuff! In brief: always wear safety glasses or goggles; always wear a glove or gauntlet on your 'non-striking' hand; wear pants or a leather apron which shield your boot-tops from hot scale; keep observers at a safe distance, and warn them not to touch anything; use caution when quenching pipe or tube (unless you enjoy that shot of steam up your sleeve or nostril).

When you get burnt (which is inevitable), don't dither! Plunge the burnt bit into cold water immediately, and keep it there for twenty or thirty seconds before assessing the damage. A minor burn (such as scale between the fingers) might require no further treatment. If a minor burn continues to cause pain, aloe vera gel works wonders. As the gel dries on the skin, keep applying it. The sooner you treat a minor burn the better the chance of a quick and total, blisterless recovery. In the case of a major burn, where medical attention is necessary, keep the burn wet continually. Ice is best, as it reduces pain a lot, but a bucket of water or wet rags are OK. Don't use butter or any fatty oil! It's time we buried that myth.

**Gerard Mahoney
Gorge Rd
NOWA NOWA 3887.**

Dear GR Readers,

I would like to know if anyone has got any FAVOURITE RECIPES they would like to share. Anything on making butter, cheese, yoghurt, homemade wines and de-alcoholised wines. Plus shampoo, soap, medicinal cures or treatments, in fact any kind of recipe at all.

**E Moyses
RSD Tandanya
CRYSTAL BROOK 5523.**

Dear People,

We have the opportunity to join a new community near Nimbin soon. We have wanted to change to this lifestyle for a long time now but I can't help having mixed feelings. I really love where we're living now, and we have considered staying and buying in the area (we're renting now). I've made friends here and the school is great — a little bush school with only 60 kids! Our sons (Josh, 3 and Ben, 4) are really settled here, Ben starts school next year and already knows half the class!

I'm writing because I'm hoping that some people will be kind enough to WRITE and tell me about what it's like up there, the people etc and ABOUT LIVING IN A COMMUNITY. We'd really love to do this, it's just the breaking away that's hard!

**Lesley and Tim Hembrow
146 Yanderra Rd
YANDERRA 2574.**

Dear GR Readers,

We are living at present in a very beautiful corner of the world: but as our two daughters (aged 5 and 8) progress through the educational system Queensland style, we are becoming ever more alarmed at the effect all this is having on the natural development of their personalities, confidence, curiosity and self-esteem. There appears to be little on offer in Queensland, in terms of ALTERNATIVE EDUCATION. If anyone knows of anything please drop me a line. We are particularly interested in schools operating on Rudolph Steiner principles. So any information concerning Steiner schools — anywhere in Australia — would be most gratefully received.

**Joanna Carr
27 Nerita Cres
Nelly Bay
MAGNETIC ISLAND 4816**

Dear Grass Roots Readers,

Hi, I have just finished building a one room BLUESTONE cottage at Tyers and eventually hope to build my house out of bluestone. Money being the only major problem at the moment. Anyway my girlfriend and I plan to travel SA in early October and would love to visit any GR owner builders especially those building in bluestone or any stone and also mudbrick. I am also very interested in seeing houses running on solar power as I will be doing the same thing in the future, due to the high cost of getting the power connected (\$10,000 plus). Hope to be hearing from all you SA GR's. Will answer all letters. Bye for now.

**Daryl Koolen
64 Crinigan Rd
MORWELL 3840.**

Dear GR,

It seems well established that populations 'blessed' with INTESTINAL WORMS have a lot less trouble with allergic conditions, including asthma, than modern 'Western' man with his worm free intestine. The reason for this is somewhat of a mystery. So, it might not only be modern substances, but a lack of our habitual guests which evolved with us which produces or aggravates allergic conditions.

**Jack Jackson
Sydney 2000.**

Dear Readers,

We are planning to build a mud brick house with earth floor. I have read a few articles on EARTH FLOORS but would like to hear from people who have them installed. I require details on council attitudes, wearing properties of the floors, sealing, maintenance etc. Also we hope to install a BIOLOGICAL TOILET in particular the 'Clivus Multrum'. We would like to hear from anyone with experience and/or advice on the Clivus or any successful alternative system. Looking forward to any replies.

**Geoff and Connie Bruckard
P O Box 120B
HOBART 7001.**

Hi, friends!!

My sister and I will be TRAVELLING through NEW ZEALAND during the month of January, 1988. We would very much like to find out what goes on in New Zealand during that time i.e. concerts, festivals, workshops, basically any kind of activity that allows one to 'enjoy themselves'. We are also extremely eager to connect with fellow New Zealanders and make some new friends. If you have any suggestions to offer us or if you just want to say hi and introduce yourself, we would love to hear from you. Keep smiling!!

**Laura and Cath
25 Arabana St
ARANDA 2614.**

Dear Readers,

We are PLANNING TO TRAVEL around Australia in the new year and would like to get in contact with Grass Roots readers. By we, I mean myself and Zeb my 1 year old black labrador cross. I am single, 23, non-smoker, electrician by trade and believe in all things in moderation. I enjoy the outdoors and getting back to nature. I have had little practical experience in self sufficiency and would gladly welcome the chance to visit self sufficient communities or families to gain first hand experience.

I am willing to do any work for a place to park my vehicle. My particular interest is mud brick building, growing food and raising animals though any experience will be greatly appreciated. All replies will be answered so hoping to hear soon and wishing you all the best.

**Brett Jessop
98 Transmission St
MT ISA 4825.**

Dear Readers,

Since becoming a victim of MULTIPLE CHEMICAL AND FOOD ALLERGIES I have seen the need to research the possible health effects of many commercial products including pesticides, herbicides and fungicides. Do any readers wish to share any knowledge they have of pesticides and herbicides, in particular the herbicides glyphosate (Roundup), dicamba and simazine used by local councils? There is a number of environmental groups embarking on a community awareness program concerning toxic chemicals. What these groups require is individual contributions to help build up an information base. Can you help?

**Peter Halsall
1 Chagall Court
SCORESBY 3179.**

Feedback Link-Up Feedback

Dear Megg and GR people,

This time I write to you to tell you that Mrs. Iriss Quigley (who became 80 this year in May), with whom I am in writing contact since last October, is still ill but she is able to answer more letters.

She would like to give any advice and **HELP TO PEOPLE WITH CANCER OR GLAUCOMA**, both of which she has controlled by natural means (as described in earlier issues of GR). I appreciate her very much for her great help she has given to me and I admire her courage and strength in her age not to give up! All the best to you and the GR folk.

**M Mertiny
RSD 622
GAWLER 7315.**

Dear Readers,

Like Thomas I also live on the kids' block, and although I have power and plumbing and all modern cons, there is still a lot I find I have to do in the absence of a man around, as the kids work in Cairns. They come down on weekends, so any major problems are then taken care of. I only take up a little of the ten acres, and have started a garden, the work of which I find very rewarding, and I am never short of something to do. Apart from that I have other hobbies, such as sewing, craft and painting.

I have been unable to find seeds of the **LUFFA CYLINDRICA** (vegetable sponge), and also tubers of the vine **DIOSCOREA BULBIFERA** (air potato). I would be willing to pay for these if anyone can help. I enjoy *Grass Roots* magazine very much, a seed exchange column would be great. I have also started growing by seed native tropical trees. From where I sit, the view across the valley is beautiful, and so peaceful. To B. Moore of Inverell, hand grinders can be purchased from some health food shops.

**Gloria Pearce
PO Box 151
SOUTH JOHNSON VIA INNISFAIL 4859.**

Hi,

I'm Chris. I'm a 37 year old divorced lady(?) with 4 kids, a cat, budgie and young pup. I've just discovered your beaut magazine and have managed to devour ½ dozen back copies in the last 10 days or so. Am currently pestering the newsagent for the May edition which is late!

To Gail Mercer (GR 60) — I too was number one target for those **PESKY MOZZIES**. Used to scratch more than type until I discovered that an **ASPIRIN** tablet dissolved in a small amount of water and plastered on (like jam on toast) did a great job to stop the itch — caused quite a few laughs at work as I often had a dozen or so bites on my legs at one time! These days you can purchase a fantastic product called **STINGOSE** from either the chemist or supermarket. It comes in a non-aerosol spray pack in two sizes and is an invaluable addition to the first aid kit. Its active ingredient is Aluminium Sulphate 20 per cent W/V. It can be used to relieve pain from stings of marine organisms e.g. jellyfish and sea lice, stinging trees, vines and nettles as well as bites from ants, some spiders, bees, wasps, mosquitoes, ticks, sandflies etc. In some cases it may still be necessary to seek medical assistance.

Pleased to say that these days I don't react to mozzies very often (although they still use me for a good feed) but still keep Stingose handy for the other 'things' (including the kids!).

Love the craft items in the back issues I've collected thus far especially Bookbinding GR 21 — nearly went into that as a trade in my teen years — plan to bind all my cookery and craft magazines as well as GR sometime soon. Thank you Megg.

**Chris Philpot
33 Spring St
MT EVELYN 3796.**

Dear GR Readers,

I notice in different issues that friends have lost touch with each other. I have an answer to the problem. For people who move around, there is a permanent address at a **MAIL FORWARDING SERVICE**. It costs less than the Australia Post service and has advantages such as mail being held on request and then forwarded on receipt of the next address, and then mail being forwarded promptly until a new request 'to hold' is sent in. The service is available by writing to Mail Forwarding, Locked Bag 1, Mortdale, NSW 2223. They will give you a code number so as to stop confusion between people of the same surname. The service can be used year after year, and I've found that it works efficiently, and haven't lost any mail at all. Kind regards to all.

**G. Aw
85A001
Locked Bag 1
MORTDALE 2223.**

Dear All,

Since I last wrote requesting soy icecream recipes (and thank you for the great response!), I have moved to this very interesting area and find it most attractive. Despite leaving the tropics to come here in mid winter, we have adjusted quickly and are loving living here. Today I made scones adding maize meal to it, the result was a lovely nut like taste.

Any comments about planting of grape vine cuttings in this area would be appreciated please. Thank you.

**Mary Allen Tournier
Post Office
DUNOON 2480.**

Dear Grass Roots Readers,

I have just read an article in the daily newspaper regarding the **TOXICITY OF PERSONAL INSECT REPELLENT**. I have been spreading this poison quite liberally on my son for the past six years and now that I have a baby daughter I would appreciate learning of a natural repellent to keep the mozzies away.

I would also be interested to learn at **WHAT AGE DUCKS LAY EGGS**. We have Muscovies and since acquiring them have learnt they are not terribly good layers. Nevertheless they should start sometime, but no information I have states when.

Also thank you to the gentleman who wrote in reply to my last letter asking where I could obtain fresh nuts. I was in the middle of a shift and lost your letter, the information was appreciated. I enjoy GR very much and look forward to each new issue.

**Sue Campbell
41 Wakefield Street
SANDGATE 4017.**

Hello GR readers!

I'm a 29 year-old fellow, living with wife and two sons (3½ and 1½) on the west coast of SWEDEN. I find the Australia-New Zealand area very fascinating, but I know pretty little about it. To repair this I'm trying to find someone in the area to write to.

I'm interested in people, nature, wildlife and consequently issues on peace and environment. I also love crafts! Woodworking in general and in particular making model ships in bottles, making knives, and believe it or not — making and throwing boomerangs! Professionally, I'm a male nurse, specialised in psychiatrics and working with drug/alcohol-related and social problems 'in the field'. So, if there's ANYONE WHO WANTS TO EXCHANGE thoughts, ideas, experiences, INFO ABOUT OUR COUNTRIES and — why not — interesting pieces of wood, write to:



**Lasse Carenvall
Blaklintsavagun 3
S-444 00 Stenungsund
SWEDEN.**

Dear Grass Roots,

We have an extra suburban block behind our house, where we grow our own vegies and some fruit (never enough for our family though) and house our chooks. The remainder is planted with native trees. We would appreciate some advice on **KEEPING** one **PET SHEEP** as a resident lawn mower — would it eat our small trees as well, or trample them? Would we have to use chemicals to keep it healthy? Or cut off its tail? Please let us know the pitfalls before we buy one.

Does anyone have a second-hand home stone flour mill e.g. Retsel Little Ark? I would like to make peanut butter on it as well.

I loved the story on baking bread in GR 61 — and I agree with all Ursula Woods says — it is a learned art and very satisfying and therapeutic. My recipe is slightly different, makes enough for two loaves and never fails because of my foolproof rising spot.

Combine:

- 6 cups wholewheat flour
- 1 cup white flour (or 1 extra cup wholemeal)
- 1 cup gluten flour
- 2 tbsp Saf Instant Yeast
- 1 tsp salt
- 1 tsp sugar

Add just over 1 litre warm water plus 2 tbsp oil/marg or butter. Mix, then tip out and knead about 10 mins. Divide into 2 x 1 kg loaf tins. Place on cake rack over a wide pan of just simmering water, cover with a damp cloth and leave to rise 20 mins. Bake 240°C for 30 mins.

**Robyn Wheatley
30 Austin Pde
SEAFORD 3198.**

Feedback Link-Up Feedback

Dear Friends,

I'm hoping to finally make it to TASMANIA shortly, to be there on a permanent basis. I have been 3 times and this time is for good.

Tasmania holds a special magic for me, maybe because of my English origin having seasons and the cold climate plants that I like so much. I trained as a nurseryman and would like to someday start a nursery or landscape business, but at present I'm trying to obtain employment in the nursery industry over in Tasmania. I would like to contact any grass roots type people in Tasmania.

I value your opinions and advice and would welcome any new friends I may meet.

Michael Tams
39 Wellington Street
EGLINTON 2795.

Dear Grass Roots Readers,

Thanks everyone for a great magazine. It is great to share knowledge this way and I have gained a lot by reading and trying a lot of the ideas put forward. I have only ¼ acre but have planted lots of fruit trees. About November each year I get BRONZE BEETLES that eat the new growth of my trees. I have sprayed and killed them but don't like doing this as it must kill other insects also. I also worry about the birds in my garden as they may eat poisoned insects. Does anyone know of a better way? I have a book on natural pest control but it isn't much help for this. Also the green vegetable bug can be a problem some years on my tomatoes and banana passionfruit. I kill heaps of them by hand but seem to get nowhere. I would like to hear from anyone with ideas. As my garden grows I am getting more and more birds and insects, so I hope everything will become more in balance over the years. I am a solo mum, divorced, with 2 children (11 and 8½) and would love to hear from anyone who just wants a friend to write to every now and then. We live by the beach and we all love the open space, peace and freedom that you can get in living close to the beach and rivermouth. Thanks again.

Anne Sands
C/- Post Office
PORT WAIKATO, NTH ISLAND, NZ.

Dear Grass Roots Readers,

I am writing with a wish to know how to DRY PARSLEY. I do seem to have more failures than successes when I try. I look forward to hearing from some 'good' parsley driers, and I thank you all for any advice sent. Wishing you all well in the future. Regards.

Felicity Ranger
4/4 Bulwer St
EAST PERTH 6000.

Dear GR,

Just like to say how much I love reading GR. It's a terrific magazine and it's nice to know there are so many people around who don't rely on mod-cons. We have bought a couple of acres in the Tallebudgera Valley out from the Gold Coast — it's not nearly the amount of land we wanted and it cost twice what we wanted to pay, but for schooling reasons and work reasons it's a very good place to put down some roots for a while. I have a competition dressage horse, my children want ponies and dogs and my man is very keen on organic vegetable growing, hence the land will be put to very good use.

We are very keen to BUILD A HOUSE ourselves, a sort of woodsy type house out of stone and logs and we are wondering if there is anyone else in the Tallebudgera area who has done this. We would really like to hear from you.

Mary Carson
6/987 Gold Coast Hwy
PALM BEACH 4221.

Dear GR Readers,

Hi, I'm a Taurean male (44) and after years working in a stressful job, I've finally found peace and quiet on five acres 400 yards from Lake King. There are only six houses in an area of 60 acres and the block is all pasture with a stand of wattles in the centre. I purchased the land 14 months ago and I've just about completed an 8 square home single-handed. I have two horses and six budgies for company. I was wondering how many GR FOLKS LIVE IN THE AREA as I haven't met anybody around here. I will answer all letters or help anybody who needs a hand.

Anyone passing through is welcome to pitch a tent, park a caravan or whatever. There is abundant fish being caught here daily. A boat is not necessary. Well, hoping to hear from a lot of GR folk.

Douglas McLellan
Box 90
METUNG 3904.

Dear GR Readers,

This is my first letter to Feedback, Link-up and by the time it is printed I will have resigned from my job of 29 years and be very active in preparations to travel Australia with my wife to meet people, help people and learn from those we come in contact with. We expect to be on the road to WA next year, spending the winter in the 'Warm North' and reaching northern NSW later on.

My wife suffers from SCLERADERMA which is a collagen disease of the skin but which has affected her lungs. Calcification of the lungs has been slowly progressive but recent treatment from a Reflexologist-Naturopath appears to be improving her condition. We know it must be a slow gradual healing — however — are there any readers who are familiar with our problem and can offer any advice or suggestion i.e. useful herbs or alternative and natural remedies? Western medicine suggested a lung biopsy and then drugs to follow!

Thank you to all GR people for help information and companionship that the GR network provides, God bless each and every one of you.

John Hobba
11 Edwards Avenue
PARKHOLME 5043.

Dearest Grass Roots,

Greetings to one and all from the far north of NSW. I've been an avid fan of GR for eleven years now and have lived here for ten years, having left Melbourne suburban life. The garden is finally becoming productive using organic methods, (I process lemon grass for local health food shops). There are now over seventy different types of fruit and nut trees in my garden, the most promising I've selected for further plantings. LOOFAH SPONGES which grow well on the creek flats are also one of my specialities.

It was wonderful to read of the fruit fly remedy by Lady Jane Orchard in GR 60 and to find that the Agriculture Dept. finds it acceptable. A special thank you to Isobell Shipard, GR 49 for the comprehensive Aloe Vera story and to all the others who've written about this wonderful plant. It is the most useful plant in my garden, a medicine chest all in one. A friend recently sustained second degree burns to his face and when released from hospital, he applied Aloe Vera. The pain instantly vanished, he assures me and in three days the blisters and swelling were gone.

If anyone would LIKE TO VISIT and work with me, there is usually some spare space available, but please, no alcohol, tobacco, pets or bible bashers. A peaceful prosperous summer to you all.

Colin Westwood
'Ferndale'
Rowlands Creek Road
UKI 2484.

Dear Readers,

I have never written into Feedback before so I am a bit green. I was wondering if any of your readers would know of a low firing glaze that I can dip dry flowers into and bake at around 175 to 250 degrees and where I may be able to buy it. I wish to do some of our lovely Western Australian wild flowers. I do hope someone can help. I will answer all letters.

J. Devlin
11 Peron Close
COOLOONGUP 6168.

Dear GR Readers,

A letter from a WA lady interested in patterns for shirts reminded me that a letter to GR is long overdue.

For those interested, 'MAKING AUSTRALIAN CLOTHING' is currently being processed for long term archival storage in a time capsule for release in 2188. Photographic prints are being treated with platinum salts, and paper is being specially dried prior to sealing in plastic, dehumidifying gel and helium. All quite exciting and interesting, but hardly GR type material. (I guess it underlines my optimism that there will be people about in 2188 to read it all.)

Back to the immediate future. I'm looking for some INFORMATION on the CONVICT SHIP 'Hashemy' circa. 1846 which was turned away from Melbourne and landed a consignment of young convicts in Sydney. Any information on living conditions aboard, etc. gratefully appreciated. May your home grown tomatoes always taste like the real thing. Love to all.

Geoff O'Callaghan
8/10 Mardango Cres
BATCHELOR 5791.

In case readers have forgotten, Geoff was the author of those beaut articles on making authentic Australian garments in GR 41, 45 and 52.

Feedback Link-Up Feedback

Dear GR,

Today I bought my very first edition of *Grass Roots* and now I just can't put it down, what a magazine! I didn't know there were so many friendly down-to-earth, healthy minded people out there, young and old, who enjoy the natural things in life. I live in Sutherland with my mum and brother and am in my first year at tech where I'm doing a 2 year art course, which I love. When I finish (1988) I am planning on TRAVELLING AROUND AUSTRALIA with my dog. I have been planning it for years and dream about it constantly. I would really like to hear from anyone who has travelled and what is to be expected.

Thanks for reading and hope to hear from you in the near future.

**Erin McIntyre
C/- PO
SUTHERLAND 2232.**

Dear GR Readers,

We are writing this letter in a hope to LOCATE FRIENDS of ours we have lost contact with in the last couple of years. We were on the road fruitpicking from Bowen, Qld. to Tatura, Vic., when we made their acquaintance and would dearly love to know where they are now.

Their names are Rowland and Roberta Brookes, and children, Mina and Hannah, approx. 9 years and 6 years old. Last we heard from them they were living in a farmhouse at Cathcart Vic., a small town near Bombala, 50 miles from Cooma.

We hope you publish this letter as it means a lot to us to find them again so we can catch up on old times and their health and wellbeing.

**Jim and Ann Hunt and family
Ahern's Rd
CONONDALE 4552.**

Dear Readers,

In the feedback section of GR 61 there were two requests for help in GIVING UP SMOKING, I shall try and assist. Firstly my qualifications. When I smoked, at times consumption was around 100 a day, I gave up four times before I got it right including one occasion for over a year. Around eight years have passed since I smoked and I know I'll never smoke again. Let's assume you've tried to give up, or you've given up and started again, and you know all the reasons in theory why you should stop but won't, can't, whatever. So what is the impediment? I put it down to desire, and here is my solution to stop it. If you are really serious about stopping read the next paragraph slowly and act.

DANGER — you understand the word, it's something you react to instinctively. If you see a piece of red hot metal you move away, it's automatic because it's DANGER, there is no thought/desire it's the preservation of your life! Like walking on the edge of a cliff, danger is realised instantly, and the reaction goes very deep, so the next time you know and steer well clear, you don't play with danger, life is too precious.

Cigarettes are DANGER. Has the light clicked on?

**Roger Croft
11 Surf Street
LAKE TABOURIE 2539.**

Hello Grass Roots Readers,

Especially in Perth or surrounds. We are planning at some stage in the future on BUILDING a MUD BRICK or EARTH home, and would like to contact anyone who has done so or is at present doing so within about 2 hours drive from Perth.

Any information, handy tips or anything at all to do with building will be gratefully received and replied to.

**Rae, Les, Benjamin and Edward Webb
C/- Post Office
KELMSCOTT 6111.**

Dear Grass Roots Readers,

I have recently been introduced to your magazine and I'm amazed that so many people have the same dreams as myself in self supporting rural living. I was wondering if anyone can help me as I am now travelling the EAST COAST OF AUSTRALIA planning to return to Melbourne in November 87. Anyone along the coast who would like some HELP ON THEIR FARM before this time I would love to help although I am inexperienced in most areas of farming. I have a great love for horses and would love any work with them. When returning to Melbourne I will be looking for somewhere to stay with my horse and foal (due in January), in return I will help out in any way possible. If anyone can help please write and all letters will be answered.

Thanks GR for such a great magazine.

**Alison Porter
18 Mountain Cres
MULGRAVE 3170.**

Dear Grassroots,

We have been out of touch with your magazine for quite a while. We have been moving about a bit and then had no job, but now Gary has a job as a farmhand (which he enjoys immensely), the pay isn't fantastic, but money is not everything in life. We are healthy and happy which is the most important. We all enjoy your magazine, it has something for all of us, and we read it from cover to cover when it arrives at home. Four years ago we had never heard of *Grass Roots*, but a friend told us about it and we have been followers ever since. At the present we are not able to be our 'own boss' but do try, as much as we are able, to be self sufficient. We hope eventually to own 20-30 acres to farm and get away from the rat-race. It may have to wait until the children finish school, but we believe heartily that we will get there one day.

In GR 61 there is an article on 'Home Spun Jumpers'. I was interested in the photo of the baby and his socks. Has any reader a PATTERN FOR SOCKS ranging in size from girls 3 to mens 11. I would be most thankful.

We have lost contact with the friend at Orbost who told us about your wonderful magazine, and if she reads this we would like to hear from her. I do know that they no longer live there. Goodbye till next time.

**Gary and Elaine Hunt
Trease and Robbins Rd
DUMBALK NORTH 3956.**

Dear GR,

This reader would like to know where to obtain drawings and design of an approved SELF COMPOSTING TOILET which also composts kitchen wastes. Have just finished drawings for mud brick house to be built on 10 acres. Would like to hear from anyone interested in mud brick building and rural living.



**Peter
RMB 355
Fells Gully Rd
TALBOT 3371.**

Hello There,

We would like to hear from anyone who has bought land and is living around the BENDIGO (Victoria) area. We are interested to know the price and availability of land (about 40 acres), the type of bush and what the rainfall and the wild life is like in the area. Also, is there much land available with permanent creeks or do most people rely on dams and tanks? We are also interested to know whether the climate is suited to growing a variety of fruits and vegetables. Looking forward to hearing from anyone who can assist us. Thank you.

**Graeme Chapman and Francine Pinnuck
PO Box 282
MERIMBULA 2548.**

Dear Folks,

Thank you for years of your magazine — our magazine. My collection has added to it a photocopied composite index. Using this helps retrieve some amazing items. One I couldn't find however. I'm after knowledge of GLYPHOSATE BASED HERBICIDE: what its effects are on the soil and the microbes in the soil.

**Richard Kandel
74 Kirkwood Ave
SEAFORD 3198.**

Dear Grass Rooters, Friends,

Would anyone know where details measurements and type of materials used to make a SOLAR FOOD DRYER can be obtained?

**W.A. Elliot
Box 231
WICKHAM 6720.**

Plans and details of how to construct a solar food dryer appeared in GR 39, pages 29-30. All our back copies are available from Night Owl Publishers.

Dear Readers,

I want to make ICE BLOCKS for my kids out of FRESH FRUIT JUICE but I can't get the texture right. Do any of you more experienced mothers know the right recipe? Please drop me a line if you can help. I will try hard to answer you all.

**Kym McBryde
87 Wyndham Ave
BOYNE ISLAND 4680.**



gumnut gossip

Megg Miller.



It's been a busy two months for us all with the atmosphere in the office quietly frantic. Not only have we had the usual sort of holdups — power off for construction work further along the line, our operating system suffering from an attack or two of hiccups and the processing solution for the typesetter becoming lost *en route* for a couple of hair pulling out days — but the balmy spring weather has made concentration difficult. Whilst our bodies may all have been seated at desks and benches I'm sure our spirits have been out amongst the sun and blossoms.

There is a quality inherent in spring which seems to imbue all — plants, livestock and humans — with extra life force. Not only are plants shooting up or birds courting but even in the office you suddenly hear people humming as they work and walking with an extra lift in their step. And the life each of us here lives suddenly becomes rich and full with weekends and evenings chock-a-block with activities and commitments so that for a few weeks work almost becomes an afterthought.

David and I have both been busy on the phone or rushing in and out of the office as people have rung or called to buy breeding turkeys or talk about poultry or cattle. As well, spring is showtime and I've had to put many hours into prettying up the turkeys for the Melbourne Royal. With all this going on, it's not surprising to get to the end of a week and find you've achieved little of what you intended and so have to turn around and catch it all up.

The blue skies and sunny days have unsettled the rest of the team too and in particular Kerry, but she's had the good sense to stay away from agricultural shows and the like and instead has tripped off to Hawaii with hubby Brian for 10 days. We alternately begged her to take us with her and threatened her with dire consequences for abandoning us in the middle of production (though she had worked to the point of exhaustion to get as much as possible of her input into the mag finished before she left), but she ignored it all and went off singing calypso tunes. We tried to get into the Hawaiian mood the following day by coming to work in appropriate island gear, but alas the weather had turned cold and we all felt a mite foolish. We're looking forward to her return with lurid stories and in the meantime holidays have become a popular topic of conversation.

We've been really happy with the way readers have responded to our plea for shorter Feedback letters — thank you, you've all done marvellously. There are two related issues I'd like to draw to everyone's attention. The first concerns letters that have appeared in Feedback containing transactions already covered in the Grassifieds. One example readers have complained about is contact type letters whilst other people are paying for a similar profile in the Grassifieds. They feel this to be unfair and that Feedback should be for the exchange of ideas and information and not monetary or contact type transactions. We agree with this too and have returned a number of letters, asking that they be rewritten or a Grassified taken out instead. The response to this too has been heartening.

The second area I wanted to mention is courtesy — the courtesy of answering or acknowledging letters sent as a result of either a letter or Grassified appearing in GR. We've received too many notes from disappointed people saying they've heard nothing from this or that person. A recent suggestion we received may be an answer to this problem — that is, that requesters buy in a stack of postcards and whenever they receive a letter send off a few lines acknowledging it. In the case of contact ads, people would prefer feeling a little wounded at not being suitable than spending endless time wondering if the letter has gone astray and so perhaps writing a second or even third time. It's only decency to acknowledge the sincerity and generosity of others.

I seem to have become caught up in letters this issue, and I still have a couple more to talk about, but before that there is a new publication to announce. We're thrilled to be able to tell you that our 1988 calendar is ready for the printers. After years of producing the Organic Gardening calendar, we were quite excited when David Stephen decided he'd like to publish it himself this year. It meant we could decide upon our own theme and with self-sufficiency covering such a broad area the choice was considerable. We've chosen Backyard Poultrykeeping and I can promise you it's wonderful looking *and* interesting. All sorts of useful (and useless) information on the different species of poultry, together with turn-of-the-century illustrations, monthly handy hints and of course room for your egg tally. I absolutely love it and even those here who don't quite share my enthusiasm for birds admit it's 'really something'. And for those of you dedicated to the Bicentennial spirit who require commemorative calendars, remember there were poultry on the First Fleet!

Two wonderful letters came in over the last month that I must share with you before finishing off. Strictly speaking, most of the letters we receive are wonderful, but these two were just that extra special. The first was in response to the story I wrote *md* and it was a true story — in GR62 about the cup of coffee made with recycled hot water bottle water. It reminded our reader of her days in the bush and of one event in particular. She and her family were leaving the station house where they had been living and had packed all the crockery, except for one glass that had held her dentures and still had some water in it. A friend of the family came in — he always carried a small bottle of rum with him — and he insisted on saying goodbye properly. Before anyone could stop him he poured some rum into the water and quaffed it down — with obvious enjoyment. Although the family was doubled up with mirth, no-one had the heart to enlighten him, then or later! What between denturised rum and rubberised coffee I feel distinctly uneasy about some of the drinks I've enjoyed(?) at friends and acquaintances' places over the years — who *can* you trust?

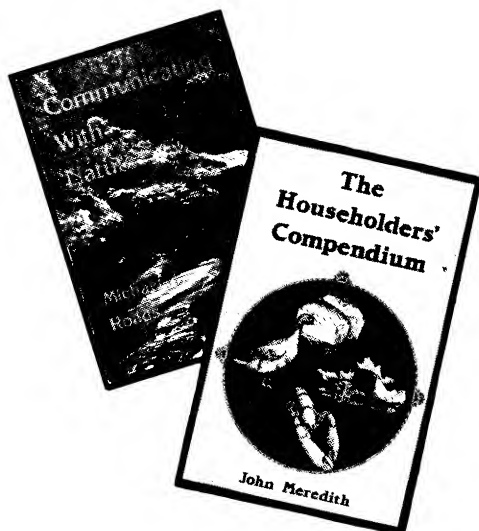
Our second letter comes from one of our dearest and most amazing reader/writers. Iriss Quigley wrote about her triumph over cancer back in No. 25 and has continued to share thoughts and experiences with us over the years. Her letters to us described a full and active life and a person who would give of herself until she dropped. This year Iriss celebrated her 80th birthday — and all this time we thought we'd been corresponding with a 60 year old, and an energetic and active one at that. We were distressed later to find out that the cancer had reappeared, but felt that with the people Iriss knew plus her own resources she would give it a mighty tussle. Upon receiving a note from her the other day I wasn't sure what to expect, certainly not the two gems I found.

I wish you luck with your poultry and assure you that you join at least my ranks when you leave things to the last minute and beyond. And then I get harassed and extremely dangerously short-tempered! I think quite highly of my husband and his forbearing attitude at those times, for I can be difficult. I drive a fast vehicle, too fast sometimes.

Hardly your average 80 year old, I'm sure you'll agree, but it is the last few lines I liked the best.

I hope to be fit again by Christmas... perhaps I will write about it sometime. At the moment I'm immersed in the ID card controversy, can you ask everyone to write even a short note to their local MP? Maybe I should learn to knit, but I've always said I'm leaving that for my old age — and that's not yet!

If only we all had the courage, the wisdom and the energy of Iriss what fuller and richer lives we'd lead. I'm sure we all join together as one to wish her a speedy recovery, and more causes to fight and win.



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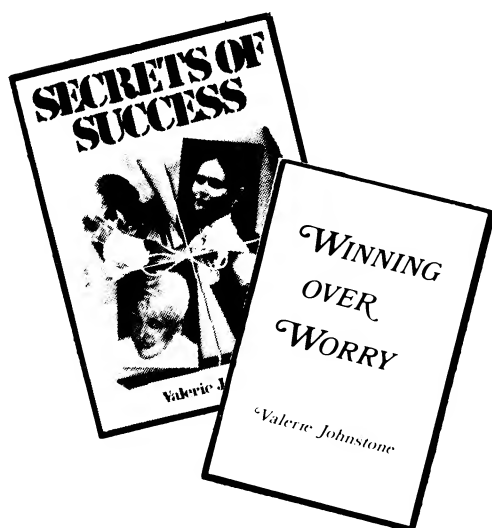
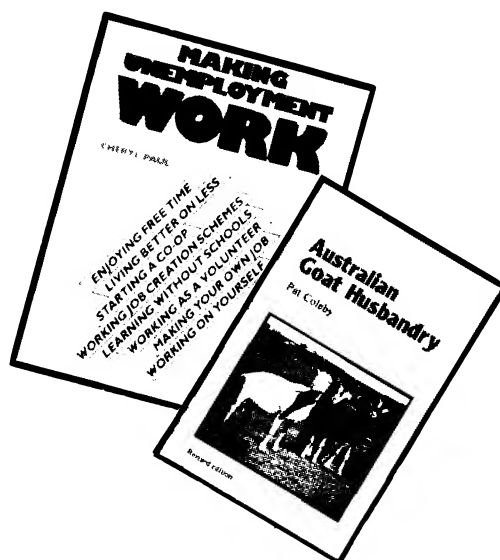
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